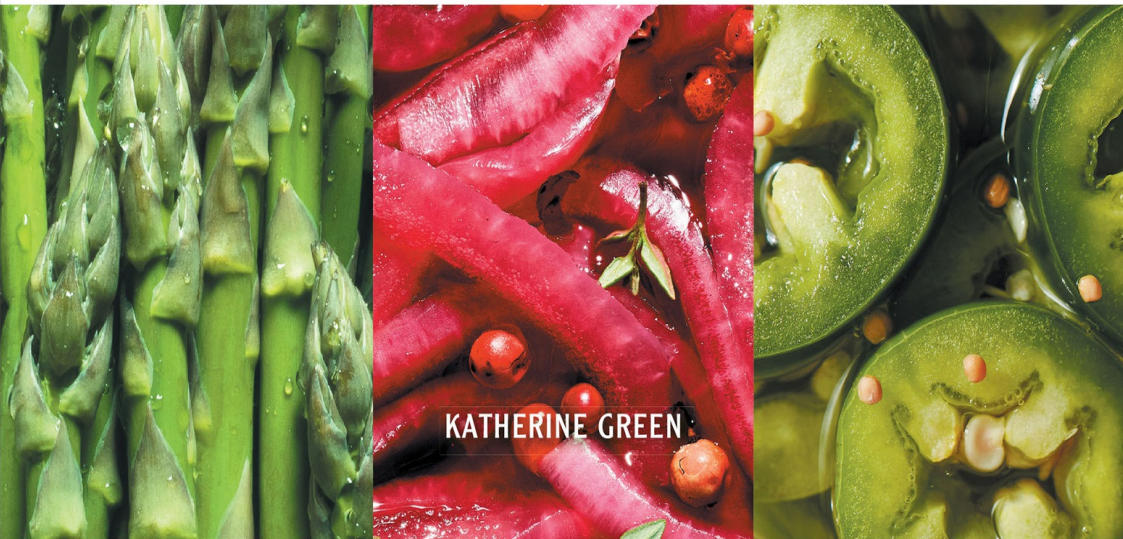
BEGINNER'S GUIDE TO PICKLING

Easy Recipes for Pickles, Sauerkraut, Kimchi, and More



KATHERINE GREEN

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Easy Recipes for Pickles, Sauerkraut, Kimchi, and More

Katherine Green

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A PECK OF PICKLED PEPPERS

Is the craft of pickling new to you? Get started with these simple do-it-yourself pickling projects and unleash the kitchen crafter in you.

- A recipe for classic Quick Dill Pickles is the perfect place to start. Find troubleshooting tips to guide you.
- Sauerkraut will be your fermentation primer. Use this basic recipe to learn techniques you will turn to again and again.
- Curious about pickled fruit? Prepare this recipe for Pickled Pears and you'll be a fruit pickle convert.
- Start experimenting with tsukemono like Takuan (Pickled

Daikon), a classic Japanese pickle that is worth the wait.

HAPPY PICKLING!

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INTRODUCTION

Do you love the crisp bite of a fresh pickle? Or how about the pungent yet addictive flavor of kimchi or sauerkraut? Whether you prefer spicy, sweet, or something in between, this ultimate do-it-yourself pickling book has got you covered. Now you can turn everyday garden produce into a medley of pickled products with these simple time-tested methods of food preservation.

Every day millions of people enjoy the taste of pickled food unique to their own region of the world. In many countries, eating pickled foods is just part of the

daily routine. In Korea, kimchi is king, served in countless variations. In Japan, just about every meal is paired with some form of tsukemono, a unique variety of both fresh and fermented pickles that span a wide taste zone. Eastern Europeans round out meals with pickled turnips and beets, and sauerkraut is widely served throughout this region and into Germany, where it is highlighted in the signature sausage and sauerkraut dish. In short, these pickled food items are so much a part of everyday eating that they've become a large part of the ethnic food of the region and are beloved on tables across the globe.

In America, the pickling lexicon has largely been limited to staples such as dill pickles, relish, and ketchup, but there is so much more to explore. The recent focus on the health benefits of fermented food and the surge in home pickling have introduced a multitude of pickled delicacies from around the globe and made this a fun and delicious craft.

If you are looking for a way to incorporate more local food in your diet, pickling is a great way to start. Not only does it provide you with a variety of quick, convenient foods in your refrigerator or pantry, it can also help save you money. Buying local food in season is the best way to trim excess costs from your grocery bill while still eating healthy foods. When foods are readily available, they are at their cheapest, so this is the most cost-effective time to head to the market to gather your ingredients for pickling.

Combining a variety of styles, this DIY guide and recipe collection contains plenty to offer the beginner as well as those with several pickling projects already under their belts. Featuring easy-to-follow recipes for both fresh and fermented pickling projects, this book breaks down the pickling process so you are assured success. Put the “home” back in *homemade* with this assortment of diverse recipes. Immerse yourself in the

tradition of cooks and picklers from around the globe, and enliven your taste buds on the journey. Enjoy the process and happy pickling!

CHAPTER 1

YOUR PICKLING PRIMER

The roots of pickling lie in the age-old practice of food preservation. Created as a way to stretch the harvest, these simple processes can dramatically extend the shelf life of food in a way that is otherwise not possible. Before refrigeration, most fresh produce wouldn't survive a week in the heat of the

> summer months. But through the near-magical capabilities of pickling, foods can be eaten for weeks or, in the case of canned pickles, up to a year after the harvest.

Pickling foods in vinegar dates back to 1,000 BCE in the Middle East, where plums, pears, and apples were preserved with spices, and in the third century BCE, the Chinese experimented with fermentation to provide laborers working on the Great Wall of China with fermented vegetables as part of their daily food rations.

Throughout the centuries in Asia, a variety of pickling methods were developed depending on the regional climate and available produce. In Japan, for instance, salted vegetables, fermented

bran pickles, and other fermented pickles were widely prepared throughout the country. The Japanese also use vinegar, soy sauce, and miso to create the starkly contrasted quick pickles. Korean pickles are typically fermented, and several types of vinegared pickles are common, such as pickled garlic in vinegar.

The Romans brought the art of pickling with vinegar to Western Europe, and centuries later, Western and Eastern European immigrants brought it to the United States. Vinegar had been the predominant method used in pickling in the early 1900s, but then sugar became widely available in the United States, and fruits were pickled as chutneys, ketchups, and other relishes. By the time home canning came into play shortly before World War II, pickling foods had become a common practice in many kitchens around America, but its popularity waned in subsequent decades as processed foods moved to the forefront.

Pickling has seen a resurgence in recent

years, with many artisanal pickling producers popping up around the country to support the growing trend. Today, you can draw on all these different styles of pickling to create something special for your family, as families have done around the world for centuries. There are no boundaries to the pickles you can explore. With produce and seeds so widely available today for growing whatever produce you desire, there is no reason not to try your hand at this age-old craft and, in doing so, expand your palate.

The Benefits of Pickling

Whether your main concern is improving your health or stretching your pocketbook, there are several reasons why pickling at home can be a good option for you.

EXTEND SHELF LIFE

Pickling foods extends their shelf life. Naturally, decomposition would begin in just days at room temperature, but

through fermentation, many items can be stored for weeks. And when pickled foods are canned, the shelf life typically extends to one year. By pickling foods, you can take a large harvest from your garden (or bought in bulk at the farmers' market) and prepare a variety of items that will last beyond the growing season.

PROVIDE PROBIOTICS

Pickling foods traditionally through fermentation is a great way to get a healthy dose of probiotics on a daily basis. Probiotics, important for providing your digestive tract with healthy bacteria that improve digestion and promote overall health, are considered beneficial for all people. When you make traditionally pickled products through fermentation, you are growing these healthy bacteria and yeasts yourself that will then colonize your digestive tract and help your body fight infection, improve immunity, and minimize digestive distress. In addition, since fermented foods have

already begun the process of breaking down, they are easier for your body to digest than the same foods served raw.

INCREASE FLAVOR

Pickling foods increases their flavor and allows you to add hints of additional flavors. For example, cucumbers can taste bland on their own, but when infused with dill, garlic, and other spices, their flavor comes alive and really shines. This is true with so many types of produce and makes pickling a great way to try new foods that may never have seemed appealing before. If you don't like the sourness of pickles, keep in mind that there are also several types of sweet pickles, as well as some varieties that are not as pronouncedly sour as others. It is this wide range of flavors that make pickles so appealing to so many people.

INCREASE FRUIT AND VEGETABLE INTAKE

Fermented pickles are arguably a better

option regarding advantages for your health, but even quick pickling provides health benefits. If pickling enables you to eat more fruits and vegetables regularly, it can be a convenient way to increase your consumption and, consequently, increase the amount of valuable vitamins and minerals you are putting in your body. While quick-pickled foods don't have the probiotic benefits of fermented foods, pickled carrots, beets, asparagus, and other vegetables contain a wealth of nutrients your body needs and add more veggies to your diet in a delicious and unique way.

SAVE MONEY

Pickling foods yourself lets you eat a wide variety of gourmet-quality foods at half the price. When produce is at the height of its season, it is at its lowest prices, so this is the best time to snag some deals and get started on a pickling project. You can have pickled vegetables all year long, beyond the growing season, and because

you do all of the labor yourself in making the end product, you pay no additional cost—not the case with the myriad artisanal pickled products lining the shelves of supermarkets.

All the Pickles

The term *pickle* is best known as the soured cucumber you get in a delicatessen or jarred on the supermarket shelf, but *pickle* refers to any soured food made through different processes, which can take anywhere from minutes to weeks to complete.

There are several different types of pickling that we'll explore in this book. While the end result may taste similar in its mouth-puckeringly sour crunch, some distinctly different practices can create very diverse results.

FRESH PICKLES

Fresh pickles are the quick-pickling choice and are the most common type of pickles found in supermarkets. Soured

using a mixture of an acetic acid (most commonly vinegar) and water, they are typically flavored with salt, a variety of spices, and sometimes sugar. Most canned pickle recipes are this type of quick-process pickles. These pickles can span the gamut of pickled food items, from vegetables to fruits to even eggs.

The term *fresh* in this pickle's title means they have not been fermented, but soured just enough to retain their bright color, crispy texture, and fresh taste. Despite being called "fresh" they are not ready to eat when the recipe is complete, but rather, many fresh pickles must be stored from days to weeks to obtain their full flavor.

FERMENTED PICKLES

Fermentation is the process of using bacteria and yeast to convert the sugar in foods to acid or alcohol. In pickling, this process is called *lacto-fermentation*. Bacteria and yeast produce lactic acid, giving pickles their desired sour flavor. In

order to prevent spoilage, salt or a starter culture is added. Starter cultures can include whey, kombucha, or commercially prepared starter cultures.

Fermented pickles can be just as sour as fresh pickles, but the actual processing time is much longer. Fermented foods, such as fruits, can take just a day or two, but harder foods, like carrots and beets and those containing less sugar, can require several weeks to obtain full sourness. While this process may sound complex, it is actually quite manageable and safe in the home kitchen, where it originated and has taken place for hundreds of years.

WHAT'S THE DIFFERENCE BETWEEN PICKLING AND FERMENTATION?

Pickling is a broad term that describes all foods that have been purposely

soured. Many people think the two words—*pickling* and *fermentation*—are interchangeable, but they are not. Quick pickling uses vinegar or another acidic medium, while lacto-fermentation, the type of fermentation used to make pickles, requires a starter culture or salt. The end result produced by both taste similar, but the process to arrive there is completely different.

All food items made sour by adding an acid can be considered pickled. Quick fresh pickles using vinegar, lemon juice, or citrus can include many foods. The end result is, for instance, cucumber pickles, pickled beans, pickled asparagus, pickled strawberries, chutneys, and relishes.

Foods such as old-fashioned dill pickles, sauerkraut, and kimchi are typically made through the addition of salt and left to sit for a longer time until lactic acid causes the bubbling action

signaling fermentation. In these cases, the foods are both pickled and fermented. (Wine is also fermented but because grapes are high in sugar, it turns into alcohol rather than lactic acid.)

Most pickled products made through quick pickling can also be made using fermentation; therefore, to determine if a commercial food is made through fermentation or fresh pickling, check the label. When food is produced through fermentation, the label will most likely tell you so, but the main clue is an ingredient list that includes only items such as vegetables, salt, and spices and does not include vinegar or another acidic substance.

CHUTNEYS

Chutneys are a type of pickled condiment that uses a wide variety of fruits, spices, and vegetables. Most common in South

Asian cuisine, these fruity, tangy mixtures can range considerably in their consistency, ingredients, and heat level. Typically divided into sweet and hot varieties, chutneys are preserved using vinegar, lemon juice, or citrus, as well as through fermentation. Fruit is most commonly the base for chutney, though vegetables can make an appearance as well. Common seasonings are garlic, onion, ginger, coriander, cumin, cilantro, and mint. Chutneys are often paired with meats, poultry, and fish, or can be served with breads and other grain-based dishes.

RELISHES

Relishes, like chutneys, are largely condiments as well. Originating in India like chutneys, the term *relish* today most commonly applies to Western staples such as sweet pickle relish, zucchini relish, and corn relish. Relishes are also closely related to ketchups and salsas and are very similar to chutneys in their complexity, but they are often associated

with more Western-style flavors. Relishes can be made with whole, ground, or infused spices, and in the case of ketchup and other similar condiments, they can be pureed into a thick sauce. Other types of relish can be used on sandwiches, in dips, and as spreads.

GROWING YOUR OWN CUCUMBERS

Cucumbers, some of the most popular vegetables for pickling, are quite easy to grow. Whether you have a large garden or simply a patio with a few pots, consider adding some of these pickling treats to your gardening schedule this year. If you plan on being an avid pickler, here are some distinct reasons that growing your own cucumbers makes a good practice:

Best selection: Unless you live in a farming mecca, chances are your

pickling cucumber options available from the market or store will be pretty limited. Growing your own cucumbers for pickling gives you control over which varieties you have to choose from for your pickling projects. Order seeds from any number of specialty retailers; two popular choices are Annie's Heirloom Seeds and Uprising Seeds.

Fresh is best: Cucumbers fresh from the field are always your best option for the best pickles. Growing them yourself allows you to know exactly when the cucumbers are picked and enables you to use them straightaway in your favorite recipes. Cucumbers should be processed within two days of picking, and only one if they are small—1 to 2 inches—to ensure they do not begin to shrivel.

Easy to grow: Once your cucumber plant has taken hold, there is not much

to stop its growth. If space is an issue, cucumbers can be trellised up, allowing you to grow them in small spots, including in containers. The most vital issue is that you water the plants regularly, especially once they begin producing cucumbers. If they don't receive sufficient water, the cucumbers will become bitter. As soon as the cucumbers are ready to pick, you can begin making them into small-batch pickles.

Pickling Methods

There are a few different methods for pickling various types of foods. While pickling is a rather simple method of food preservation, the process will vary slightly based on what foods you are pickling. The following are the three main types of pickling used in this book.

SALT

Pickling using salt is primarily a method used for fermentation. Salt is used to process foods such as cabbage that once salted have enough natural moisture to produce a brine. By drawing the water from the vegetable, salt pickling leaves the pickled vegetables crisp yet changed from their original state. Salt protects food during fermentation from bacteria and yeasts that would otherwise cause decomposition to take place. This allows for the good bacteria and yeasts, also present in the air we breathe, to take hold and transform the sugars in the food to lactic acid. Once this transformation is complete, the lactic acid protects the pickled food from spoilage. Japanese pickling also employs salt pickling, although in this case, the pickling process is typically stopped before fermentation takes place. Salt is also added to quick-process pickles, but in this case it is for flavor and not preservation.

BRINE

Using a brine is another method of fermentation pickling. For this method, you create a mixture of salt, water, and spices, then submerge the produce into this brine until the pickling is complete. Depending on the food item, this can take a matter of days or several weeks. A brine is used for foods that would not otherwise create their own liquid through dry salting, such as carrots, cucumbers, beets, and beans. This method is also used for making kimchi. The term *brine* additionally applies to a liquid mixture made with vinegar and used for fresh pickling.

VINEGAR

Vinegar is used for quick, fresh pickling. Any type of vinegar, as long as it is 5 percent acidity, is fair game for pickling, though different recipes call for different types, based on the desired flavor of the finished pickles. Apple cider vinegar, distilled white vinegar, and white wine

vinegar are all commonly used to obtain that pickled flavor. When pickles are made through vinegar pickling, vinegar is typically mixed with water, salt, and spices to create a tangy brine. It is sometimes added to fermented pickles, as well, at the end of fermentation to extend shelf life.

FAQ: IS PICKLING DANGEROUS?

Pickling is a traditional craft that has been practiced for generations. While you should maintain basic food sanitation measures in your kitchen, there is no need to worry about pickling being dangerous if you follow proper preserving techniques. Be sure to thoroughly clean all items used for pickling in warm, soapy water before you begin, and carefully follow directions to ensure success.

If you are canning your pickles, you

need to follow a recipe specifically designed for canning to prevent spoilage or bacteria leaking into the jar. Not all types of pickles can be canned, and it is important that if you want to can pickles you follow a recipe for doing so. Additionally, you should make sure you are up-to-date with the most current canning practices and familiar with how to operate your water-bath canner (see Canning 101).

With both fermented and fresh pickles, there is the chance that something may go wrong, such as mold growth, off flavors, or other spoilage. Most of the time, by simply inspecting your pickled foods before eating, you should easily be able to determine if this is the case. Smell, texture, and visible observation can often give you the clues you need to determine the safety of a pickled food. But some harmful toxins may result from improper canning and storage,

which you can’t detect with your senses alone. As with any food item, if it seems off or if you suspect that it might be contaminated, do not taste it to check. Instead, discard the food safely in a place inaccessible to humans and animals, and then clean and sanitize the storage container and work space thoroughly.

CHAPTER 2

THE PICKLER'S KITCHEN

Be wary of the rabbit hole of endless kitchen tools when you begin pickling. In fact, there are just a few basics you'll need to get started in this craft. While there certainly is no lack of fancy fermenting, canning, and pickling equipment available, there is no need to go overboard buying supplies for your kitchen. Gather

the following essential ingredients and equipment, and you'll be pickling in no time—without all the fuss.

Essential Ingredients

As you explore the recipes in this book, you may come across some lesser-known ingredients, but many of the necessary items can typically be found in your kitchen already. Start with these basics to begin the pickling process. As you progress, you may want to invest in more, but it's best to start simple and work your way up to more complex recipes as your confidence grows.

SALT

Salt is important in both quick pickles and fermented pickles. First and foremost, it provides flavor. However, you don't want

to just reach for your table salt, as it contains additives that are used to prevent caking but that create a cloudy mess in pickling. Instead, choose a salt that has no added filler. Pickling and canning salt is a simple choice and can be found at most well-stocked grocery stores. Sea salt can also be used if it is pure, though be sure to avoid any colored sea salt. Because the term *sea salt* is not regulated, make sure to check the label for any additives before using it for pickling. Kosher salt can also be used, but because it has larger crystals, it will have to be heated with the brine for it to dissolve completely in the water. Additionally, to account for the larger crystal size, you will need to substitute about one and a half times as much kosher salt for other fine salts.

VINEGARS

There are many types of vinegar available for use in pickling. In the United States, all commercial vinegars are formulated

between 4 and 6 percent acetic acid, with most at 5 percent. Homemade vinegars can be quite variable and should not be used unless you can verify their acetic acid level by testing their pH. It is recommended that you always use commercial vinegars for pickling, particularly when canning your pickles. If you are canning your pickles, you should always use 5 percent acetic acid vinegar —you'll find this information listed on the label. Distilled white vinegar, apple cider vinegar, wine vinegar, rice vinegar, and malt vinegar are all viable options for pickling. It is also essential that you do not reduce the quantity of vinegar in a recipe, as this can potentially make the pickle unsafe to eat. In general, fresh pickles should be made using one part vinegar to one part water. Do not boil the water and vinegar for an extended period, as this can decrease the acetic acid in the brine, since acetic acid evaporates at a faster rate than water. Always be sure to follow recipe recommendations on boiling time.

WATER

You may or may not be able to use your tap water for pickling purposes. If it tastes good and doesn't contain a significant amount of chlorine or other minerals, it can most likely be used. If it's not usable, opt for distilled or filtered water.

If your water stains your sink with mineral deposits, you must remedy this before using the water for pickling, or these deposits will end up in your jars. To treat the water, boil the water in a pot, and then leave it to sit for 24 hours. Skim the water from the top, leaving any sediment behind. For chlorinated water, boil the water for 2 minutes to eliminate the chlorine, or let it sit overnight before using.

AROMATICS

Dill is synonymous with pickling and widely used, especially when it comes to cucumbers. In the summer, fresh dill is available, but if you are pickling out of season, dill seeds work well, too. Other

popular aromatics used in pickling include garlic, ginger, juniper berries, cloves, mace, cumin, and coriander. Whole, crushed, and ground spices can all be utilized in the pickling process. Whole spices make a nice appearance in a jar, while ground spices add lots of flavor quickly, but can leave many pickles looking murky. Follow recipe directions for the type of pickle you are making. In some cases, a spice bag is the best option for infusing the strong flavor of whole spices into a pickled item. A scrap of cheesecloth provides a simple solution for making a spice bag.

Equipment Overview

You don't need a bunch of fancy equipment to get started pickling. Sure, you could spend a lot of money on specialized pickling implements, but it is in no way necessary. Starting small and scaling up if you decide that you love the art of pickling is a sensible way to go.

MUST-HAVE KITCHEN TOOLS

Kitchen scale: For the most precision, a kitchen scale is recommended to ensure that accurate quantities of produce and ingredients are used. Because volume and number equivalents do not always match, this is the best way to ensure your results. You can always measure produce at the market if you do not have a kitchen scale, but it is much more convenient to have one at home. They are reasonably priced (under $20) and make a great addition to your kitchen.

Bowls and pots: Because pickling widely uses both salt and vinegar, which are both quite reactive, it is important that

you use nonreactive cookware and bowls when making pickled products from this book. On the range, both stainless steel and hard-anodized aluminum pots and pans work well, while stainless steel, glass, and ceramic are all good options for bowls.

Utensils: A nonreactive spoon and ladle are needed for many of the recipes in this book. Stainless steel, wood, or plastic utensils make the best choices.

Fermentation vessel: You will also need a vessel in which to ferment your pickles. This can either be glass or ceramic. Large

quart and 2-quart mason jars are good fermentation vessels, and in some cases, a bowl can be used as well. For smaller batches, there are a few different types of jars available, which are fitted with an airlock to help with the anaerobic process. These are easy to use and are often sold with weights to help keep fermenting foods submerged below the brine.

Weights: The fermentation recipes in this book require that the produce is weighted during fermentation to prevent the food from being exposed to oxygen. For this purpose, a ceramic plate, small jar, or

clean rock can be used. If you use wide-mouth canning jars, a regular-mouth jelly jar fits nicely in the mouth of the jar as a weight. In smaller jars, a votive candle holder or a food-safe zip-top bag filled with brine can also be used to hold the produce below the brine. Whichever you choose, the same principles for nonreactive items, such as the bowls and pots, apply here as well.

Canning supplies: If you plan on canning your pickles, at the very least you will need a small canning setup. A large, deep pot with a lid will suffice for a water-bath canner. A drying rack, towel, or canning rack will also be needed to keep the jars off the surface of the pot to prevent breakage. Other necessary tools are a jar filler, a jar lifter, and two-piece canning lids.

Jars: Mason jars in several different sizes are typically all that is needed to store your pickles. If you are canning your pickles, you want to stock up on these in half-pint, pint, and quart sizes. For refrigerator storage, you can also use half-gallon jars. If you are not planning on canning pickles, old repurposed glass jars are fine alternatives to mason jars. However, these should never be used for canning, as they are designed for single use and are not as sturdy as mason jars, nor do they have the correct lid.

Lids: For pickle storage, it is a good idea to invest in plastic lids that fit onto mason jars. These are available in wide-mouth and narrow-mouth sizes from any retailer that sells canning supplies. These prevent a reaction caused by the acidic nature of pickles in contact with a reactive metal. While canning lids in theory will not react with pickles, if the lid is nicked or damaged, a reaction takes place that will cause the lid to rust. For this reason, you should line a canning lid with a couple of layers of plastic wrap if you are going to use one for storing pickles.

NICE-TO-HAVE KITCHEN EQUIPMENT

Additional tools make the prep work in pickling easier. Other tools help specifically when canning or fermenting, so consider them for your wish list.

Kitchen prep tools: For general food prep, a few other tools can make pickling easier and faster. A food processor can save significant time, particularly when making large batches. An immersion blender makes it easy to puree sauces, particularly hot ones. Consider a zester for citrus, a mandoline for thin slicing, a fine-mesh colander for straining, and finely woven cheesecloth for myriad uses.

Canning tools: Canning kits often include an array of tools, the most useful of which (besides the must-have jar lifter) is the wide-mouth funnel, because it significantly reduces mess. Bamboo or wooden chopsticks can be used to remove bubbles. You can judge headspace by using the jar's thread: If you run a measuring tape from a canning jar's rim toward its bottom, you'll notice

that at ½ inch, you hit the bottom end of the jar's threads on a wide-mouth jar and the collar below the threads on a narrow-mouth jar.

Fermenting tools: For a fermenting investment, consider a crock, kraut pounder, and pH meter. Modern crocks often come with specially fitted weights and a water-lock rim, making fermentation nearly foolproof. Today's crocks range from the traditional 5 and 10 liters down to 2-liter and smaller vessels. The ½-gallon recipes in chapter 4 usually fit a 2-liter crock; to use another size, scale all ingredients, including the salt. A kraut pounder is particularly useful for cabbage or chile-heavy recipes. A pH meter shows when your fermented pickles have hit pH 4.6 and are ready for storage.

Canning 101

The recipes in this book are all designed for small-batch pickling and do not need to be canned. In fact, many kinds of

pickles are made to be eaten within several days of pickling and should never be canned because the salt content in the pickles is too low to prevent spoilage.

In some cases, however, pickles can be canned. When this is possible, a note is made in the recipe to indicate this. But unless the recipe indicates canning, do not can the pickles.

When you do can pickles, the water-bath canning method can be used. This simple preservation method is highly accessible for all, and by following a few simple steps, you, too, can prepare your own pickles for the darker months of the year. Review the following steps before beginning any water-bath canning project.

Assemble the equipment: You will need a large pot for water-bath canning that allows the jars you are using to be submerged by at least 1 inch. You will also need a rack that fits into the pot to keep the jars off the bottom of the pot and prevent breakage. An old cake rack

works, as does a folded kitchen towel in a pinch. There are also racks that fit a smaller pot available where home-canning supplies are sold. You will also need canning jars and two-piece lids for canning. Everything should be washed in warm, soapy water and air-dried before use.

Prepare the canner: Fill the canner halfway with water and add the rack to the pot. Heat the water. For cold-packed foods, heat the water to about 140°F, and for hot-packed foods, heat the water to 180°F. The cooler temperature of the water for cold-packed foods helps prevent breakage when the jars are immersed in the water. Once submerged, the temperature will be brought to boiling in either case.

Prepare the jars, lids, and rings: Wash the jars, lids, and rings in hot, soapy water. If your recipe requires you to process the jars for more than 10 minutes, set the jars aside until you are ready to

pack them. If your recipe requires less than 10 minutes of processing, add the jars to the canner and bring the water to a boil for 10 minutes to sterilize them. Once the time is complete, remove the jars from the water, keep the tops off, and bring the temperature back down to the appropriate level based on whether you are doing a cold pack or hot pack. Set the lids and rings aside to dry.

Prepare your recipe: While the water is heating (or jars sterilizing), prepare your recipe.

Fill the jars: Pack the recipe into jars, using a ladle and jar funnel to get the ingredients in easily and without a mess. Fill the jars with the brine to the appropriate level indicated in the recipe. Remove air bubbles from the jar using a nonreactive utensil inserted into the jar and moved around the jar's inner surface. If needed, adjust the contents of the jar to the correct level after removing the air bubbles.

Affix the lids: Wipe the rims of the jars using a clean, damp kitchen towel. Place the lid, centered, on the jar and affix it with the ring. Turn the ring until it is tight to the touch using your thumb, index, and middle fingers. Do not overtighten the ring or leave it too loose.

Process the jars: Using a jar lifter, place the filled jars into the canner. Ensure that the water is covering the tops of the jars by at least 1 inch. If it is not, add more hot water now. Place the lid on the pot and turn the heat up. Once a rolling boil occurs, start a timer and process the jars according to the time indicated in the recipe. If you live at 1,000 feet above sea level or higher, you will need to adjust your processing time accordingly. See Altitude Adjustments to do this. When the timer goes off, turn off the heat, remove the lid, and allow the jars to cool in the water for 5 minutes. Using a jar lifter, carefully remove the jars and place them on a cutting board or kitchen towel on the

counter.

Store the jars: After the jars cool, check for a seal. The center of the lid should be concave, and you should be able to lift the jar by its top. If the seal did not work, place the jar in the refrigerator and eat the pickles within a few weeks. Otherwise, remove the rings (to prevent rust), and store the jars in a cool, dark place for up to 1 year.

Common Canning Problems and Solutions

Reread your chosen recipe to make sure you properly prepare and process your pickles. Common missteps include overly tight or loose rings, too much or too little headspace, and air bubbles. If you still haven't resolved the issue, try these solutions:

SYMPTOM	PROBLEM	SOLUTION	KEEP OR TOSS?
Buckled lid	Overtight ring	Screw just finger-tight	Keep, but immediately refrigerate and eat

Liquid loss	Too much air, overpacking	Pack jars less tightly Leave in the canner for 5 minutes after processing	Keep if sealed
Failed seal	Poor processing, damaged equipment	Check jars for chips Wipe jar rims Use new canning lids Follow processing times and adjustment	Keep, but immediately refrigerate and eat; toss if discovered during storage

Troubleshooting Tips

As you begin pickling, you will undoubtedly have some questions about the process and even wonder if something you made is safe to eat. Starting out, it may be difficult to tell whether a new pickle is as it should be, or perhaps just not something you are used to eating, especially when making pickled

items that are foreign to your taste buds.

Pickling introduces some new smells to the kitchen that you may not find familiar. That doesn't necessarily mean that they are bad; rather, they may require some adjustment to your palate. In the meantime, here are some things to look for when opening up and sampling your pickled items.

INSPECT YOUR PICKLES

Before eating your pickles, you should visually inspect them. Is there any mold growth, or have any other strange changes occurred? If the pickle is in cold storage and there is mold, this is a sure sign that something is wrong, and the pickles should be discarded without tasting.

In some pickles, like sauerkraut, the cabbage will darken during fermentation. This is not a sign of spoilage, but a normal part of the process. If you are in doubt, review the specific troubleshooting guides for pickles and sauerkraut (here

and here). Likewise, if mold occurs on sauerkraut during fermentation, in some instances this can be removed and the fermentation process can continue. Be sure to review specific recipes and troubleshooting for that item, and immediately take action as needed.

In canned and fresh pickled items, fermentation should not be taking place, meaning there should be no moving bubbles in the jar. If there are, this, too, is a sign of spoilage, and the food should be disposed of promptly.

USE YOUR SENSES

Open the jar and smell the pickles. Are there any off odors? Some pickles may be a little more pungent than you are used to eating. However, this does not mean they've gone bad. At the same time, pickles should not smell like they are rotting or any other foul smell associated with decomposition. If this occurs, discard the pickles away from any place where animals or humans could consume them.

Another leading indicator of spoilage is sliminess. Pickled foods should not have this texture. If they do, this is likely due to bacterial contamination, and the pickles should be discarded without tasting.

Don’t get discouraged if you make a mistake or something goes wrong. These are natural processes, and sometimes things just go awry. However, there is no reason to be fearful of your food. As long as you are following recipes and inspecting your pickles, there is little reason for concern when it comes to pickling safety.

Dilly Beans

CHAPTER 3

FRESH PICKLES

These are some of the easiest pickles to produce. They require little work and deliver big flavor. While the prep work for all of these is rather quick, and they do not require cooking or fermentation, you will need to store some of these pickles for days or weeks before they obtain their full flavor.

Many of these recipes contain

information about canning the pickles. Others do not. If you prefer, rather than canning them, cap the pickles with a nonreactive lid and store them in the refrigerator until their flavor is fully developed. If you simply can't wait, begin sampling them a little early for a taste. No one will tell on you if you eat the whole jar, and you'll only have a reason to make more!

Quick Dill Pickles
Icicle Pickles
Bread-and-Butter Pickles
Jardinière
Pickled Artichoke Hearts
Pickled Asparagus

Pickled Beets

Dilly Beans

Spicy Pickled Beans

Pickled Cauliflower

Pickled Sweet Peppers

Pickled Eggplant

Pickled Mushrooms

Pickled Hot Peppers

Pickled Green Tomatoes

Pickled Garlic

Pickled Onions

Simple Pickled Eggs

CUCUMBER VARIETIES FOR PICKLING

American pickling cucumbers:
There are many varieties of American pickling cucumbers available, and

American pickling cucumbers are the type most widely sold. They all taste very similar and can be used for most cucumber pickling projects. American pickling cucumbers are generally used when they are in the 3- to 5-inch range; however, smaller cucumbers—about 1 to 2 inches—can also be used for making gherkin-type pickles. Because they are small, they can be left whole or, if desired, cut into spears, sliced, or diced. American pickling cucumbers are easy to grow and can be found in seed catalogs as well as at most garden centers.

Asian pickling cucumbers: These are a type of cucumber specifically used in Japanese and other Asian pickling projects. Long and nearly seedless, these Asian cucumbers have a slightly different texture and flavor. Their skins are generally thinner than the American varieties, though they

still hold up well to various types of pickling. The most common varieties of these include China Hybrid, Tasty Green Hybrid, and Suyo Long cucumbers. Find these cucumbers in specialty seed catalogs.

Your First Refrigerated Dill Pickles

Follow these simple steps to get your first dill pickle project underway:

Gather the ingredients: Before starting, it is best to have everything you need on hand in front of you. Review the recipe and gather the ingredients to get started.

Wash and clean the cucumbers: Cucumbers are grown close to the ground, so they are notoriously dirty. Give them a good washing right before you begin, but not too far ahead of time, as this can promote spoilage. Slice or scrape

off the blossom ends of the cucumbers, as they can cause spoilage as well. (The blossom end is the one opposite the stem.)

Slice the cucumbers: Depending on the type and size of your cucumbers, you may want to halve them lengthwise, quarter them, or leave them whole. Just make sure that the pieces are relatively uniform in size and will fit nicely in your jars.

Prepare the jars: Wash the jars you will be using in warm, soapy water, and rinse them well. Leave them on the counter to air-dry while preparing the pickles. Depending on the type of pickle, the recipe may call for sterilized jars. If this is the case, the jars should be boiled in water for 10 minutes before using. If the recipe states only “prepared jars,” washing them in warm, soapy water is fine.

Store Your Dill Pickles

Unless you are canning your pickles to make them shelf stable, they should be stored in the refrigerator once complete. In most cases, they can be stored in the same container in which they were made, closed with a lid. The exception to this is if they were made in a pickling crock. In this case, they should be transferred to a jar covered with a nonreactive lid. Pay attention to storage tips on each individual recipe, as they can vary widely according to the type of pickle.

DILL PICKLE TROUBLESHOOTING TIPS

PICKLE PROBLEM	POSSIBLE CAUSE
Soft pickles	• Overheating during processing • Not processed soon enough after picking
Hollow middle	• Inadequate watering while growing (remove these before processing; they float when submerged in water)
Darkened pickles	• Use of reactive metal during processing • Growing soil • Spices • Corrosion on the lids

Shriveled pickles	• Not processed soon enough after picking • Too much salt, vinegar, or sugar • Overheating during processing
Sediment in jar	• Use of table salt

QUICK DILL PICKLES

MAKES 4 PINTS
PREP TIME: 10 MINUTES • PROCESSING TIME: 10 MINUTES FOR PINTS, 15 MINUTES FOR QUARTS • CURING TIME: 1 MONTH

Quite possibly one of the easiest canned dill pickle recipes around, these cucumbers require no brining and are ready to go into the jar for pickling in a flash. For a large harvest, double or triple the recipe, and you'll be glad you did. Invite some friends to help can up a big batch, and you'll have a treasure trove of pickles in no time. Because they can be stored for up to a year, there's no rush to eat them all at once.

5¼ pounds pickling cucumbers

1 tablespoon black peppercorns

8 dill heads

¼ cup minced garlic cloves

5 tablespoons plus 1 teaspoon pickling salt

3¾ cups white vinegar or apple cider vinegar

4 cups water

1. Wash the cucumbers and remove the blossom ends. Halve, quarter, or leave the cucumbers whole depending on their size.
2. Divide the peppercorns, dill, and garlic evenly between the jars. Pack the cucumbers into the jars snugly.
3. Combine the salt, vinegar, and water in a nonreactive saucepan. Bring to a boil and stir to dissolve the salt. Ladle the liquid over the cucumbers, leaving ½ inch of headspace. Cap the jars with two-piece canning lids.
4. Process the pint jars for 10 minutes and the quart jars for 15 minutes in a boiling-

water bath. Store the jars in a dark, cool, dry place for at least 1 month before eating.

TRY INSTEAD: This recipe is highly customizable to your taste. If you prefer, add one or two of your favorite type of chile peppers or another favorite seasoning to your pickles, and see what you think. However, never change the ratio of vinegar to water, as this keeps the pickles safe to consume.

ICICLE PICKLES

MAKES 4 PINTS
PREP TIME: 10 MINUTES, PLUS 2 TO 4 HOURS SOAKING TIME • PROCESSING TIME: 10 MINUTES • CURING TIME: 2 WEEKS

Often called sweet pickles, these icicle pickles can be described as a little sweet, along with plenty of sour. To avoid the cloyingly sweet flavor of some varieties of this pickle, this recipe has less sugar than most. But if you like your pickles really sweet, you can increase the sugar, as you prefer. To add some spice to the mix as well, add one or two dried chile peppers per jar.

5¼ pounds pickling cucumbers

1½ pounds shallots, sliced

½ cup pickling salt

4½ cups white vinegar

2½ cups sugar

1 teaspoon ground turmeric

2 teaspoons mustard seeds

½ teaspoon celery seeds

1. Wash the cucumbers and remove the blossom ends. Halve, quarter, or leave the cucumbers whole depending on their size. Toss the cucumbers and shallots with salt and refrigerate, covered, for 2 to 4 hours. Drain the water from the bowl. Pack the cucumbers into prepared pint jars.
2. Combine the remaining ingredients in a nonreactive pot and bring to a boil. Ladle the liquid over the cucumbers, leaving ½ inch of headspace. Cap the jars with two-piece canning lids.
3. Process the pints in a boiling-water bath for 10 minutes. Store the jars in a dark, cool, dry place for at least 2 weeks

before eating.

A CLOSER LOOK: Turmeric is a powerful anti-inflammatory and antioxidant that is very easy to include in your diet. An essential ingredient in curry powders, it has an astringent flavor that lies somewhere between ginger and oranges. Note that turmeric is quick to stain clothing with its bright orange hue, so be careful when working with it in your kitchen.

BREAD-AND-BUTTER PICKLES

MAKES 2 PINTS
PREP TIME: 15 MINUTES, PLUS 2 TO 4 HOURS SOAKING TIME • PROCESSING TIME: 10 MINUTES • CURING TIME: 2 WEEKS

Fabulous on a sandwich or burger, these sweet rounds are as versatile as they are delicious. Using less sugar than a typical bread-and-butter pickle recipe, these deliver plenty of flavor and sweetness without being overwhelmingly sweet.

2 pounds pickling cucumbers

2 tablespoons pickling salt

2 teaspoons mustard seeds

¼ teaspoon celery seeds

½ teaspoon red chili pepper flakes (optional)

1½ cups white vinegar or apple cider vinegar

½ cup water

¼ cup sugar

½ teaspoon ground turmeric

1. Wash the cucumbers and remove the blossom ends. Slice the cucumbers into thin rounds about ¼-inch thick. Toss the cucumbers with the salt and refrigerate, covered, for 2 to 4 hours. Drain the water from the bowl. Toss the cucumbers with the mustard seeds, celery seeds, and red chili pepper flakes (if using). Pack the cucumbers into prepared jars.
2. Combine the vinegar, water, sugar, and turmeric in a nonreactive pot and bring to a boil. Ladle the liquid over the cucumbers, leaving ½ inch of headspace. Cap the jars with two-piece

canning lids.

3. Process the pints in a boiling-water bath for 10 minutes. Store the jars in a dark, cool, dry place for at least 2 weeks before eating.

TRY INSTEAD: If you have a bumper crop of zucchini, use it in place of cucumbers for this recipe. When pickled, young zucchini produces nearly the same results as cucumbers. For best results, use young, firm zucchini picked before their seeds become hardened.

JARDINIÈRE

MAKES 2 PINTS
PREP TIME: 15 MINUTES • PROCESSING TIME: 20 MINUTES • CURING TIME: 2 WEEKS

For an avid gardener, this is a fantastic pickle that aptly showcases your harvest. Combining a number of vegetables, jardinière is highly customizable to whatever produce you have on hand, and it makes a great addition to an antipasto tray or cold lunch. Use the suggestions here or substitute your favorite produce in equal proportions to create your own delectable combination.

½ pound onions, peeled and cut into chunks

½ pound carrots, peeled and cut into chunks

½ pound zucchini, cut into thick rounds

½ pound cauliflower florets

1 red or green bell pepper, cut into strips

3 garlic cloves

½ teaspoon black peppercorns

½ teaspoon dried oregano

½ teaspoon dried thyme

2 fresh chile peppers

1 cup water

1½ cups white vinegar

1½ teaspoons pickling salt

1. Divide the vegetables, garlic, peppercorns, oregano, thyme, and chile peppers between two pint jars.
2. In a nonreactive pot, combine the water, vinegar, and salt, and bring the liquid to a boil. Ladle the pickling liquid into the jars, leaving ½ inch of headspace. Cap the jars using two-piece canning lids.

3. Process the pints in a boiling-water bath for 20 minutes. Store the jars in a dark, cool, dry place for at least 2 weeks before eating.

PICKLED ARTICHOKE HEARTS

MAKES 1 PINT
PREP TIME: 10 MINUTES • COOK TIME: 15 MINUTES • CURING TIME: 1 WEEK

Fresh artichokes may be hard to come by if you live in cooler climates, but if you can get your hands on some of these, you will be glad you did. Look for smaller artichokes that enable you to keep the artichoke heart whole in the jars, so you can experience the buttery, smooth taste they exude. Using a combination of lemon juice, vinegar, and olive oil, this is a fresh pickle meant for storing refrigerated. If you can't find fresh, use canned artichokes instead, and skip the first two steps.

15 baby artichokes

1 lemon, quartered

¼ cup bottled lemon juice

½ cup white vinegar

¼ cup olive oil

1 garlic clove, sliced

1 dried chile pepper

¾ teaspoon salt

1. Pull the leaves off each artichoke until you reach the artichoke heart. Once they are trimmed, drop the artichoke hearts into a nonreactive pot.
2. Squeeze the lemon into the pot with the artichokes, and put the lemon pieces into the pot. Cover with water and bring it to a boil. Cook until the artichokes are fork tender, about 15 minutes.
3. In a nonreactive pot, combine the lemon juice, vinegar, olive oil, garlic, chile pepper, and salt. Bring to a boil and simmer for 5 minutes.

4. Pack the artichoke hearts into a jar. Cover with the marinade, leaving ½ inch of headspace. Store the jars in the refrigerator for at least 1 week before eating.

A CLOSER LOOK: When selecting artichokes at the market, look for ones with vibrant green leaves and freshly cut stems. The main crop of artichokes is in the spring, followed by a secondary harvest in the fall. Fall artichokes are frequently characterized by darker or bronzed leaves and sometimes a whitish, blistered look. This indicates that they were exposed to a light frost, which often heightens their flavors.

PICKLED ASPARAGUS

MAKES 3 (12-OUNCE) JARS
PREP TIME: 15 MINUTES • PROCESSING TIME: 10 MINUTES • CURING TIME: 2 WEEKS

This pickle has become a hot item on supermarket shelves, but you can make it at home rather quickly and for a fraction of the cost. The 12-ounce jelly jars are recommended for this pickle, as they make a great presentation and allow you to pack whole spears uncut thanks to their slightly taller size. Pack the spears either tip up or down, but for the most impressive appearance, be sure to do it uniformly throughout the jar.

2 pounds asparagus, trimmed to fit the jars

4 garlic cloves, crushed

½ teaspoon red chili pepper flakes

½ teaspoon black peppercorns

1½ cups water

1½ cups apple cider vinegar

1 tablespoon sugar

1½ teaspoons pickling salt

1. Bring a large pot of water to a boil and prepare an ice bath by filling a large bowl with equal amounts of water and ice. Add the asparagus to the boiling water, and blanch for 1 minute. Promptly remove the asparagus and transfer to the ice bath until cooled.
2. Divide the garlic, red chili pepper flakes, and peppercorns evenly between the jars. Pack the asparagus into the jars with tips down or up.
3. In a nonreactive pot, combine the water, vinegar, sugar, and salt, and bring to a boil. Ladle the pickling liquid into the jars, leaving ½ inch of headspace. Cap the jars using two-piece canning

lids.

4. Process the pints in a boiling-water bath for 10 minutes. Store the jars in a dark, cool, dry place for at least 2 weeks before eating.

TRY INSTEAD: Around the same time of year that asparagus comes to the market, so do garlic scapes, the flowering heads of garlic plants. These mild-tasting spears are similar in texture and appearance to asparagus and make a great pickle as well. Substitute them here for a unique and delicious alternative.

PICKLED BEETS

MAKES 3 PINTS
PREP TIME: 45 MINUTES • PROCESSING TIME: 30 MINUTES • CURING TIME: 2 WEEKS

If you have never tried pickled beets before, now is the time. These sweet, hearty vegetables make a fantastic accompaniment for a number of meals and are quite affordable. If you buy them with their leaves still on, be sure not to discard them, as they are an edible and highly nutritious treat when steamed.

2 pounds red or golden beets

1 (4-inch) cinnamon stick

1 (2-inch) piece ginger, peeled and thinly sliced

½ cup granulated sugar

½ cup brown sugar

2 tablespoons pickling salt

2 cups apple cider vinegar

1 cup water

1. Clean the beets thoroughly. Place them in a large pot and cover them with water. Bring the water to a boil and simmer for 20 to 30 minutes, depending on the beet size, until they are tender. Drain and cover with cold water.
2. When the beets are cool enough to handle, slip off their skins. Depending on the size, halve, quarter, or slice the beets.
3. In a nonreactive pot, add the cinnamon stick, ginger, granulated sugar, brown sugar, salt, vinegar, and water. Bring to a boil and simmer for 10 minutes.
4. While simmering, pack the beets into the prepared jars. Ladle the liquid over the beets, leaving ½ inch of headspace. Cap the jars using two-piece canning

lids.

5. Process the pints in a boiling-water bath for 30 minutes. Store the jars in a dark, cool, dry place for at least 2 weeks before eating.

A CLOSER LOOK: When purchasing beets, look for ones that are firm and plump. If the greens are attached to the beets, they should be vibrant and leafy. If you buy beets with the greens still attached, remove them from the beets and store them separately, unwashed, in a plastic bag to keep them fresh.

DILLY BEANS

MAKES 3 PINTS
PREP TIME: 10 MINUTES • PROCESSING TIME: 5 MINUTES • CURING TIME: 1 MONTH

In the height of summer, when beans are at their peak, there is no better time to pickle a few jars (or more) of your favorite variety. Tart and flavorful, these beans are great for snacking or make a delicious addition to a cold salad.

1½ pounds young green beans

8 garlic cloves, sliced

4 dill heads

1 teaspoon black peppercorns, crushed

2 cups water

2 cups white vinegar

1 tablespoon pickling salt

1. In sterilized pint jars, pack the green beans snugly. Divide the garlic, dill heads, and peppercorns evenly between the jars.
2. In a nonreactive pot, combine the water, vinegar, and salt. Bring to a boil and promptly ladle the liquid over the beans. Cap the jars using two-piece canning lids.
3. Process the pints in a boiling-water bath for 5 minutes.
4. Store the jars in a dark, cool, dry place for at least 1 month before eating.

A CLOSER LOOK: Bean plants are voracious growers that need very little ground to produce lots of beans. Plant some climbing beans in a large pot or bin in a sunny location, give them something to trellis up, and you'll have plenty of beans for pickling all summer. Try scarlet runner beans, a notoriously

quick-growing variety known to be high producers.

SPICY PICKLED BEANS

MAKES 3 PINTS
PREP TIME: 10 MINUTES • PROCESSING TIME: 5 MINUTES • CURING TIME: 1 MONTH

A different variety of pickled bean altogether, this one focuses almost entirely on turning up the heat. As with any recipe here, you can always scale up or down on the aromatics, such as chile peppers; just be sure to keep the same ratio of vinegar to water. On the other hand, if you prefer to dial the spice up even further, throw a whole chile or two into the jar and see what you think.

1½ pounds young green beans

4 garlic cloves, sliced

1 teaspoon red chili pepper flakes

1 tablespoon mixed pickling spice

2 cups water

2 cups white vinegar

2 tablespoons pickling salt

1. In three sterilized jars, snugly pack the green beans. Divide the garlic, red chili pepper flakes, and pickling spice evenly between the jars.
2. In a nonreactive pot, mix the water, vinegar, and salt. Bring to a boil and promptly ladle the liquid over the beans. Cap the jars using two-piece canning lids.
3. Process the pints in a boiling-water bath for 5 minutes.
4. Store the jars in a dark, cool, dry place for at least 1 month before eating.

PICKLED CAULIFLOWER

MAKES 3 PINTS
PREP TIME: 10 MINUTES • PROCESSING TIME: 10 MINUTES • CURING TIME: 1 MONTH

The crunch of cauliflower is preserved in this easy pickle that works equally well on a salad or served on its own as a simple side. Cumin, coriander, and mustard seeds kiss the cauliflower with their notable yet subtle flavors, while a dose of red chili pepper flakes kick things up just enough.

1 teaspoon cumin seeds

2 teaspoons coriander seeds

1 teaspoon mustard seeds

½ teaspoon red chili pepper flakes

1 (2-pound) cauliflower head, cut into small florets

1½ cups water

2 cups white vinegar

3 tablespoons pickling salt

1. Divide the cumin seeds, coriander seeds, mustard seeds, and red chili pepper flakes evenly between the pint jars. Pack the cauliflower tightly into the jars.
2. In a nonreactive pot, combine the water, vinegar, and salt. Bring to a boil and promptly ladle the liquid over the cauliflower. Cap the jars using two-piece canning lids.
3. Process the pints in a boiling-water bath for 10 minutes.
4. Store the jars in a dark, cool, dry place for at least 1 month before eating.

TRY INSTEAD: Many recipes use white vinegar, due to both its neutral flavor

and affordability. However, if you prefer, you can substitute an equal amount of apple cider vinegar in any recipe instead. What's important to remember is that if you are canning the pickle, always use 5 percent acidity vinegar.

PICKLED SWEET PEPPERS

MAKES 2 PINTS
PREP TIME: 10 MINUTES • PROCESSING TIME: 10 MINUTES • CURING TIME: 2 WEEKS

Sweet peppers make for an exceptionally sour, crunchy addition to your salads, dips, or antipasto tray. Simple to prepare using just a few ingredients, these will give you a new way to think about the classic bell pepper. Double or triple the recipe to pickle even more peppers after a big harvest.

2 garlic cloves

2 shallots, sliced

1 pound red, yellow, or green bell peppers, cut into strips

1 cup water

1 cup white vinegar

1 teaspoon pickling salt

½ cup sugar

1. Divide the garlic and shallots between the jars. Place the peppers into the jars so that they fit snugly.
2. In a nonreactive pot, bring the remaining ingredients to a boil. Ladle the liquid into the jars, leaving ½ inch of headspace. Cap the jars with two-piece canning lids.
3. Process for 10 minutes in a boiling-water bath.
4. Store the jars in a cool, dry, dark location for at least 2 weeks before eating.

TRY INSTEAD: For a bit more flavor, add a few jalapeños or Anaheim chiles to the pickled peppers in exchange for some of the bell peppers. Alternatively, you might add ½ teaspoon of red chili

pepper flakes to the mixture.

PICKLED EGGPLANT

MAKES 1 PINT
PREP TIME: 10 MINUTES, PLUS 12 HOURS RESTING TIME • CURING TIME: 3 DAYS

Even if you have never been a fan of eggplant, you may want to give this vegetable another chance as a pickle. Pickling infuses eggplant with a bold and unique flavor. Eat it as part of an antipasto tray, mix it into salads, or serve it alongside hummus and bread.

1½ pounds small eggplants, peeled

2 teaspoons pickling salt

½ cup red wine vinegar

3 garlic cloves, sliced

1 tablespoon minced fresh basil leaves

1 teaspoon minced fresh oregano leaves

1 teaspoon red chili pepper flakes

Olive oil, to cure

1. Slice the eggplant into strips. Mix the eggplant strips in a bowl with the salt, place the strips into a colander, and allow them to drain over a bowl for 12 hours.
2. Press the eggplant strips in your clean hands to remove excess moisture. Toss the strips in a bowl with the vinegar.
3. In a pint jar, layer the eggplant with the garlic, basil, oregano, and red chili pepper flakes, pressing down as you go so that all the eggplant fits snugly in the jar.
4. Add enough olive oil to cover the eggplant. Cap the jar using a nonreactive lid, and place the jar in the refrigerator. Check it after several hours to ensure that the olive oil is covering the eggplant. If not, add more until the eggplant is fully covered.
5. Store the jar, refrigerated, for at least 3 days before eating. Serve within 2

weeks.

A CLOSER LOOK: When pickling eggplant, the smaller Chinese or Japanese varieties are the best options. These smaller varieties of eggplant have a firmer texture and better flavor than the larger American variety found in many supermarkets. If you can't find these near you, consider growing them yourself. Eggplant is extremely easy to grow, and just one plant will give you a plentiful harvest throughout the growing season.

PICKLED MUSHROOMS

MAKES 1 PINT
PREP TIME: 10 MINUTES • COOK TIME: 15 MINUTES • CURING TIME: 3 DAYS

Pickled mushrooms require little time to prepare and can take ordinary mushrooms to new heights. Serve these pickled mushrooms as a side dish, appetizer, or alongside flavorful meats. Use a mix of your favorite mushrooms, or choose just one variety. Either way, try to wait for at least three days before tasting them to allow them to reach their maximum flavor.

1 pound mixed or single-variety mushrooms (such as cremini, shiitake, enoki, oyster, or button)

1 small onion, peeled and chopped

2 bay leaves

2 teaspoons black peppercorns

2 fresh thyme sprigs

1 garlic clove, sliced

½ cup water

½ cup white wine vinegar

2 teaspoons pickling salt

1 teaspoon sugar

1. In a nonreactive pot, combine all the ingredients. Bring to a boil, then reduce the heat and simmer for 15 minutes. Pack the mushrooms and the pickling liquid into a pint jar. Let the jar cool at room temperature.
2. Close the jar with a nonreactive lid, refrigerate, and store for at least 3 days before eating. Once refrigerated, store for up to 3 weeks.

PICKLED HOT PEPPERS

MAKES 1 QUART
PREP TIME: 10 MINUTES • COOK TIME: 10 MINUTES • CURING TIME: 1 WEEK

If you enjoy hot pepper rings on your sandwiches or over greens, this recipe is for you. While there is no shortage of pickled hot pepper recipes available for canning, this one is both simple and raw, allowing the peppers to retain much of their crunch. These peppers make a perfect addition to a number of meals that need heating up, and because they are raw, they don't become soggy.

1 pound hot peppers (jalapeño, Thai, serrano)

2 garlic cloves

2 tablespoons black peppercorns

1½ tablespoons pickling salt

1 tablespoon sugar

¾ cup white vinegar

¾ cup water

1. Slice the peppers into rings, or for smaller peppers, pierce them several times with a skewer and leave them whole. Pack the peppers into a sterile quart jar.
2. In a nonreactive pot, combine the remaining ingredients and bring them to a boil. Reduce the heat and simmer for 10 minutes. Ladle the brine over the peppers and allow them to sit at room temperature until cooled.
3. Cap the jar using a nonreactive lid, and refrigerate for 1 week before eating. Refrigerated, the peppers will keep for up to 8 weeks.

A CLOSER LOOK: Using a mixture of peppers gives you a more complex and

flavorful brine and pickle. If you want to keep things mild, you can also substitute banana peppers here, but consider adding a few hotter jalapeños, if only for their unique flavor. When you are done with the peppers, use the brine for flavoring sauces and soups that could use a little heat.

PICKLED GREEN TOMATOES

MAKES 1 PINT
PREP TIME: 10 MINUTES • COOK TIME: 5 MINUTES • CURING TIME: 1 WEEK

If you've ever grown tomatoes, you've surely experienced green tomatoes left over at the end of the growing season. These last tomatoes that don't ripen don't have to be destined for compost. Instead, you can pickle them for a tangy treat any time of the year. For this recipe, be sure to use completely green tomatoes with no hints of color.

¾ pound green tomatoes

2 garlic cloves

1 fresh dill head

1 teaspoon mixed pickling spice

1¾ cups white vinegar

1¾ cups water

2 tablespoons pickling salt

1. Cut the tomatoes in halves or quarter them, depending on the size.
2. Pack the garlic, dill, and pickling spice, followed by the tomatoes, into the jar.
3. In a nonreactive pot, bring the vinegar, water, and salt to a boil. Ladle the liquid into the jar, leaving ½ inch of headspace. Cap the jar with a nonreactive lid.
4. Store for at least 1 week before eating. Refrigerated, the pickles will keep for up to 2 months.

PICKLED GARLIC

MAKES 1 PINT
PREP TIME: 30 MINUTES • CURING TIME: 1 MONTH

While peeling the garlic may take considerable time, the effort is well worth it. Lasting up to a year, this pickle is great to have on hand when you are out of fresh garlic, as it can serve as a simple substitute. Then use the vinegar pickling brine to lend extra flavor to dressings and sauces, and you'll be happy you did.

2 cups peeled whole garlic cloves

1 cup white vinegar

1 teaspoon sugar

1 teaspoon pickling salt

1 teaspoon black peppercorns, coarsely crushed

1. Pack the garlic into a pint jar.
2. Mix the vinegar, sugar, salt, and peppercorns together in a bowl, stirring to dissolve the sugar and salt. Pour the mixture over the garlic. Cover the jar with a nonreactive lid and refrigerate.
3. Store for 1 month before using, or refrigerate for up to 1 year.

A CLOSER LOOK: Garlic is a powerful antibacterial, antifungal, and anticarcinogenic food used in natural medicine to treat a number of conditions, including influenza, high blood pressure, and cholesterol, and to improve digestion. Use it liberally in your cooking for both flavor and its health benefits.

PICKLED ONIONS

MAKES 1 PINT
PREP TIME: 5 MINUTES • CURING TIME: 1 HOUR

Pickled onions can bring a salad to life and provide a great accompaniment to meats, cheeses, and other vegetables. This simple recipe is not for canning, but for a quick pickle you can make as little as 1 hour ahead of serving. Red onions are used here for their mild flavor and bright color that will liven up any plate.

1 cup apple cider vinegar

2 teaspoons pickling salt

2 tablespoons sugar

2 red onions, peeled and sliced

1. In a small bowl, mix the vinegar, salt, and sugar until the salt and sugar are dissolved.
2. Pack the onions into a jar. Pour the liquid over the onions and cap with a nonreactive lid.
3. Refrigerate and store for at least 1 hour before serving. The pickled onions will keep for up to 2 weeks refrigerated.

SIMPLE PICKLED EGGS

MAKES 1 QUART
PREP TIME: 10 MINUTES, PLUS 30 MINUTES COOLING TIME • COOK TIME: 10 MINUTES • CURING TIME: 1 WEEK

Pickled eggs possess an incredibly smooth texture lacking in plain old hard-boiled eggs. Serve them on a salad or as a quick snack on the go. When using large chicken eggs, a dozen should fit snugly in a quart jar. For a smaller batch, simply cut the recipe in half and use a pint jar instead.

12 hard-boiled eggs

1 tablespoon pickling salt

1½ cups white vinegar

½ cup water

½ teaspoon crushed black peppercorns

1 tablespoon sugar

1 tablespoon mixed pickling spice

1. Pack the eggs into a quart jar.
2. In a nonreactive pot, bring the remaining ingredients to a boil, reduce the heat, and simmer for 10 minutes. Turn off the heat and cool the brine for 30 minutes, until it reaches room temperature.
3. Ladle the liquid over the eggs, close the jar with a nonreactive lid, and refrigerate.
4. Store for 1 week before eating. The pickled eggs will keep for up to 3 weeks refrigerated.

A CLOSER LOOK: Eggs are a highly perishable food and should never be stored at room temperature. Be careful of this when making pickled eggs, as improperly stored pickled eggs have been known to produce botulism. This is

not a risk if you promptly refrigerate your eggs and do not allow them to sit unrefrigerated in the “danger zone” of 40°F to 140°F for more than 2 hours.

Lacto-Fermented Radishes

CHAPTER 4

FERMENTED PICKLES

Fermented pickles are fun to make and can satisfy your inner scientist. Combining science and art, these projects for producing masterful probiotic pickles are ready for your own interpretation. These diverse living foods span a wide range of tastes. Using mason jars and a few widely available ingredients,

you can turn your garden produce into creations that both improve your health and add vibrant flavor to your meals.

Sauerkraut
Loaded Sauerkraut
Kale Kraut
Classic Dill Pickles
Spicy Dill Pickles
Garlic Dill Pickles
Indian-Inspired Pickles
Lacto-Fermented Ginger Carrots
Lacto-Fermented Asparagus
Lacto-Fermented Radishes
Lacto-Fermented Beans
Mixed Garden Pickles
Dilly Mixed Garden Pickles
Lacto-Fermented Turnips and Beets
Lacto-Fermented Daikon

Lacto-Fermented Eggplant

SAUERKRAUT

MAKES 1 QUART
PREP TIME: 15 MINUTES, PLUS 1 HOUR RESTING TIME • FERMENTATION TIME: 2 TO 6 WEEKS

This sauerkraut is a basic recipe to get you started in fermentation. Choose between caraway seeds and juniper berries to add some extra flavor, or simply leave them out. Depending on the temperature of the location where you ferment the cabbage, the amount of time it requires can vary considerably. For the best flavor (and longest fermentation time) aim for a location that maintains a temperature of around 60°F to 70°F.

2 pounds cabbage, shredded

4 teaspoons pickling salt

1 teaspoon caraway seeds or juniper berries (optional)

1. Prepare the cabbage by first removing the inner core. Split the cabbage into quarters and thinly slice using a sharp knife or mandoline. Cut the cabbage into shreds about ¼-inch thick.
2. In a large nonreactive bowl, mix the cabbage and salt. Massage the salt gently into the cabbage. Leave the cabbage at room temperature for an hour to allow it to release some of its juices.
3. Add the caraway seeds or juniper berries (if using), and mix well.
4. Pack the cabbage into a quart jar, tamping it down with a smaller jar or your fist as you go, and add any juices from the bowl.
5. Apply a weight and close the jar using a nonreactive lid. Set the jar in a cool

location.

6. After 1 day, check the sauerkraut to make sure that it is covered in its brine. If it isn't, add brine by mixing 1 cup of water with 1 teaspoon of pickling salt and pouring over the sauerkraut until it is covered. Reapply the weight and place the jar in a cool location.
7. Check the sauerkraut daily to ensure it remains submerged in its brine and that no scum appears. If scum appears on the surface, skim it off promptly, rinse the weight off, and reapply the weight. You will know fermentation has begun when tiny bubbles begin rising to the surface.
8. After 2 weeks, begin tasting the sauerkraut. If it is soured to your liking, place it in the refrigerator at this time. If it isn't, continue with fermentation until you are satisfied with the flavor. Fully fermented sauerkraut will be a light golden color and taste tart.
9. Once fermentation is complete, transfer

the sauerkraut to the refrigerator. It can be eaten immediately, but it will continue to cure for the next month and the flavor will develop further. Refrigerated, the sauerkraut will keep for several months.

A CLOSER LOOK: Freshly picked cabbage is the best choice when making sauerkraut, as it will be the juiciest and most likely will not require the addition of brine. Find freshly picked cabbage in the fall from a produce market or direct from the farm. Older cabbage can also be used, but because it is drier, the addition of brine is typically necessary.

SAUERKRAUT TROUBLESHOOTING

Because sauerkraut ferments for an extended period, a number of issues may arise. Here are some of the most

common, along with what to do should they occur:

White scum: Scum on the top of sauerkraut occurs due to the yeast growing because oxygen is not excluded during fermentation. Be sure to keep the sauerkraut below the brine, and skim off scum daily.

Moldy or rotten kraut: This can happen when the sauerkraut is not held below the brine, or when the fermentation temperature is too high. In either case, simply remove the affected kraut.

Darkened kraut: Sauerkraut darkens when it is exposed to oxygen, when the salting is uneven, or when fermentation temperatures are too high. Just remove the darkened kraut.

Pink kraut: Sauerkraut can become pink due to yeast growth. This takes place when not weighted properly, too much salt is used, or uneven

salting has occurred. Simply discard the pink kraut.

Sliminess: Sliminess in fermented foods is never a good thing and indicates bacterial spoilage. Toss the batch of kraut.

LOADED SAUERKRAUT

MAKES 1 QUART
PREP TIME: 15 MINUTES, PLUS 1 HOUR RESTING TIME • FERMENTATION TIME: 2 TO 6 WEEKS

There is no reason to stop at classic sauerkraut. Possible additions are pretty much endless, and this loaded version is sure to please. The combination here of cabbage, onion, garlic, and turnips creates a spicy, tart flavor that will have you sneaking forkfuls straight out of the jar.

1½ pounds cabbage, shredded

1 onion, peeled, halved, and thinly sliced

6 garlic cloves, minced

2 medium turnips, peeled, halved, and thinly sliced

4 teaspoons pickling salt

1. In a large nonreactive bowl, mix all the ingredients. Let the mixture rest at room temperature for an hour to allow the juices to begin loosening up the cabbage and vegetables.
2. Pack the cabbage and vegetables into a quart jar, using your fist to tamp them down as you go. Apply a weight and close the jar using a nonreactive lid. Set the jar in a cool location.
3. After 1 day, check the sauerkraut to ensure that it is covered in its brine. If it isn't, add brine by mixing 1 cup of water with 1 teaspoon of pickling salt and pouring over the sauerkraut until it is covered. Reapply the weight and place the jar in a cool location.
4. Check the sauerkraut daily to ensure it remains submerged in its brine and that no scum appears. If scum appears on the surface, skim it off promptly, rinse the weight off, and reapply the weight. You will know fermentation has begun when tiny bubbles begin rising to the

surface.

5. Ferment the sauerkraut for 2 to 6 weeks. After 2 weeks, begin tasting the sauerkraut. If it is soured to your liking, place it in the refrigerator at this time. If not, continue with fermentation until you are satisfied with the flavor.
6. Once fermentation is complete, transfer the sauerkraut to the refrigerator. It can be eaten immediately, but it will continue to cure for the next month and the flavor will develop further. Refrigerated, the sauerkraut will last for several months.

KALE KRAUT

MAKES 1 QUART
PREP TIME: 15 MINUTES •
FERMENTATION TIME: 2 TO 4 DAYS •
CURING TIME: 3 TO 5 DAYS

Any type of green can be fermented, and the process improves the availability of nutrients for your body to absorb. This alternative kraut features kale, a dark leafy green available in many varieties at most stores. For the easiest preparation, use baby kale, which requires no prep work as the stems are edible when thin. If you prefer the larger leaves, simply remove the thick stems before fermenting.

15 cups tightly packed kale leaves

2 garlic cloves, minced

1 tablespoon pickling salt

2 lemon wedges

1. Prepare the kale by stacking several leaves at a time, rolling them up, and then thinly slicing them into strips. As you work, transfer the kale to a large bowl. If you are using baby kale, you can choose whether to shred the kale or leave the leaves whole.
2. Add the garlic and salt to the bowl and mix thoroughly.
3. Pack the kale into a quart jar, tucking the lemon wedges into the top. Cover the jar with a nonreactive lid and leave at room temperature for 2 to 4 days. Transfer the kale to the refrigerator, where its flavors will mellow over 3 to 5 days. Refrigerated, this kraut will keep for 2 weeks.

TRY INSTEAD: If salt is an issue in your diet, you can cut the quantity of salt back to 1½ teaspoons and add about ¼ cup of

kombucha (non-pasteurized) or whey to the ferment to quickly get the process underway.

CLASSIC DILL PICKLES

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 3 WEEKS

While it may seem daunting to the uninitiated, making fermented dill pickles is actually a pretty simple process, requiring only a few ingredients. When made in a quart jar, there is no need for fancy fermentation equipment: your fermenting vessel doubles as a ready-made storage container, streamlining the entire process. You want to choose a room-temperature location around 70°F for fermenting, so try to move the pickles away from the kitchen to maintain a steady temperature and prevent spikes. However, be sure to place your

pickles somewhere highly visible so you can keep an eye on them throughout the process, as they need daily tending.

1½ pounds pickling cucumbers

1 dill head, plus a few additional fronds

4 black peppercorns

1 chile pepper, slit lengthwise

2 tablespoons pickling salt

3 cups water

1. Wash the cucumbers and remove the blossom ends.
2. Pack the dill, peppercorns, and chile pepper into the jar and then add the cucumbers to the jar. Mix the salt and water until the salt is dissolved and pour this brine over the pickles.
3. Use a weight to keep the cucumbers submerged, or pour the remaining brine into a zip-top freezer bag, seal, and pack it into the mouth of the jar as a weight.

Leave the jar at room temperature.

4. After a day or two, bubbles should begin to form and rise in the jar, signaling fermentation. Watch the jar every day, and if any scum appears on the surface of the pickles, skim it off and rinse the weight. Repack the weight into the mouth of the jar and continue fermentation.
5. The pickles will be ready in 2 to 3 weeks. Test them at about 2 weeks by removing a pickle with a clean utensil and cutting off a small piece for a taste. If it tastes good, they are done. If it's not yet to your liking, return the weight to the mouth of the jar and continue fermentation for up to another week.
6. When fermentation is complete, if you are using a brine bag, discard it. Cap the jar with a nonreactive lid and transfer it to the refrigerator, where the pickles will keep for about 1 month.

A CLOSER LOOK: When pickles have

finished fermenting, their color will be a uniform olive green. Also, the bubbles signaling the start of fermentation will stop rising in the jar.

SPICY DILL PICKLES

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 10 TO 21 DAYS

If you enjoy spicy foods, there is no reason not to enjoy spicy pickles as well. Using a combination of pickling spice and fresh chile peppers, this is a complex-flavored pickle that goes exceptionally well with a Bloody Mary (here) or a handful of pretzels for a simple snack. For a crisp, lightly fermented pickle, stop fermentation on day 10, or continue fermenting until completely soured at about 3 weeks.

1½ pounds pickling cucumbers

3 chile peppers, slit lengthwise

2 fresh jalapeños, slit lengthwise

2 garlic cloves, crushed

1 teaspoon mixed pickling spice

1 dill head, plus a few additional fronds

2 tablespoons pickling salt

3 cups water

1. Wash the cucumbers and remove the blossom ends.
2. Pack the chile peppers, jalapeño peppers, garlic, pickling spice, and dill into the jar, followed by the cucumbers. Mix the salt and water until the salt is dissolved and pour this brine over the pickles.
3. Use a weight to keep the cucumbers submerged, or pour the remaining brine into a zip-top freezer bag, seal the bag, and pack it into the mouth of the jar as a weight. Leave the jar at room temperature.
4. After a day or two, bubbles should begin to form and rise in the jar, signaling fermentation. Watch the jar

every day, and if any scum appears on the surface of the pickles, skim it off and rinse the weight. Repack the weight into the mouth of the jar and continue fermentation.

5. The pickles will be ready in 10 to 21 days. Test them at about 10 days by removing a pickle with a clean utensil and cutting off a small piece for a taste before returning it. If it tastes good, they are done. If it's not yet to your liking, return the weight to the mouth of the jar and continue fermentation for up to 21 days total.
6. When fermentation is complete, if you are using a brine bag, discard it. Cap the jar with a nonreactive lid and transfer it to the refrigerator, where the pickles will keep for about 1 month.

A CLOSER LOOK: The use of a brine bag is a great way to keep fermented pickles submerged in the brine and lock out air. Depending on where you place

the jar, you may want to put a small plate underneath to collect any brine that seeps over the jar's edges.

GARLIC DILL PICKLES

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 3 WEEKS

Garlic adds both a hint of spiciness and a soothing, warming flavor to pickles. This version piles the garlic on thick, so you are not only eating a probiotic treat, but providing your body with antibacterial benefits as well.

1½ pounds pickling cucumbers

1 dill head, plus a few additional fronds

¼ cup crushed garlic cloves

2 tablespoons pickling salt

3 cups water

1. Wash the cucumbers and remove the blossom ends.

2. Pack the dill and garlic into the jar, followed by the cucumbers. Mix the salt and water until the salt is dissolved and pour this brine over the pickles.
3. Use a weight to keep the cucumbers submerged, or pour the remaining brine into a zip-top freezer bag, seal the bag, and pack it into the mouth of the jar as a weight. Leave the jar at room temperature.
4. After a day or two, bubbles should begin to form and rise in the jar, signaling fermentation. Watch the jar every day, and if any scum appears on the surface of the pickles, skim it off and rinse the weight. Repack the weight into the mouth of the jar and continue fermentation.
5. The pickles will be ready in 2 to 3 weeks. Test a pickle at about 2 weeks by removing a pickle with a clean utensil and cutting off a small piece for a taste before returning it. If it tastes good, the pickles are done. If they're not yet to

your liking, return the weight to the mouth of the jar and continue fermentation for up to another week.

6. When fermentation is complete, if you are using a brine bag, discard it. Cap the jar with a nonreactive lid and store in the refrigerator for about 1 month.

A CLOSER LOOK: When fermenting and pickling, sanitation is important. Therefore, when removing a brine bag, be sure to place it on a clean plate instead of a counter to prevent contamination. Similarly, never reach into a ferment with your fingers, as this can introduce bacteria. Instead, always use a clean utensil.

INDIAN-INSPIRED PICKLES

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 3 WEEKS

Fenugreek, cumin, and ginger infuse these pickles with a savory Indian flavor, while turmeric adds its own pungent touch. If possible, opt for fresh turmeric, which has a more intense flavor. It can be found at many Asian supermarkets, as well as natural health food stores.

1½ pounds pickling cucumbers

1 teaspoon cumin seeds

½ teaspoon fenugreek seeds

2 dried chiles

1 (1-inch) piece ginger, peeled

1 (1-inch) piece turmeric, or ½ teaspoon ground turmeric

2 tablespoons pickling salt

3 cups water

1. Wash the cucumbers and remove the blossom ends.
2. Pack the cumin seeds, fenugreek seeds, chiles, ginger, and turmeric into the jar, followed by the cucumbers. Mix the salt and water until the salt is dissolved and pour this brine over the pickles.
3. Use a weight to keep the cucumbers submerged, or pour the remaining brine into a zip-top freezer bag, seal the bag, and pack it into the mouth of the jar as a weight. Leave the jar at room temperature.
4. After a day or two, bubbles should begin to form and rise in the jar, signaling fermentation. Watch the jar every day, and if any scum appears on the surface of the pickles, skim it off and rinse the weight. Repack the weight into the mouth of the jar and continue

fermentation.

5. The pickles will be ready in 2 to 3 weeks. Test them at about 2 weeks by removing a pickle with a clean utensil and cutting off a small piece for a taste before returning it. If it tastes good, they are done. If they're not yet to your liking, return the weight to the mouth of the jar and continue fermentation for up to another week.
6. When fermentation is complete, if you are using a brine bag, discard it. Cap the jar with a nonreactive lid and transfer it to the refrigerator, where the pickles will keep for about 1 month.

LACTO-FERMENTED GINGER CARROTS

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 7 TO 14 DAYS

Fermenting carrots makes snack time fun, especially for kids. These are kid-tested and approved, and they sure beat the price for the same thing at trendy stores and farmers' markets. The recipe here calls for carrot sticks, but you can also use shredded carrots or discs; just be sure to taste the carrots and adjust the fermenting time as you go, based on the carrots' thickness.

1 (2-inch) piece ginger, peeled and cut into matchsticks

1 pound carrots, peeled and cut into sticks about 4 to 6 inches long

1 tablespoon plus 1 teaspoon pickling salt

3 cups water

1. Pack the ginger into the jar and add the carrots, packing them in snugly. In a bowl or measuring cup, mix the salt and water until the salt is dissolved, and pour the brine over the carrots. Use a weight to keep the carrots submerged in the brine. Cover the jar using a nonreactive lid and leave the jar at room temperature.
2. The carrots will be ready in 7 to 14 days. Test them at around 7 days by removing a stick with a clean utensil and cutting off a small piece for a taste before returning it. If it tastes good, they are done. If they're not yet to your liking, reapply the weight to the carrots and continue fermentation for up to another week.
3. When fermentation is complete,

remove the weight and cap the jar with a nonreactive lid. Transfer the jar to the refrigerator, where the carrots will keep for at least 2 weeks.

A CLOSER LOOK: If you are short on prep time, you'll find many types of precut carrots in the refrigerated section of most grocery stores. Choose from shredded, chipped, and stick carrots to cut your prep time in half.

IS MY FERMENT DONE?

Many recipes using fermentation provide a wide range for fermentation time. This is because fermentation times vary based on a number of factors, including temperature during fermentation, personal preference, and ingredients used.

To determine if your ferment is

complete, here are a couple of items to consider:

The texture: Many people like really crisp pickles, while others are drawn to the intense flavor of a more aged pickle. If you prefer your pickles ultra-crisp, you will want to begin checking your pickles on the lower end of the time range. Likewise, if you favor a softer pickle, a longer fermentation time is for you. Additionally, dense produce like carrots, broccoli, radishes, beets, and cabbage take longer to ferment than softer produce such as eggplant, beans, and fruits.

The flavor: If you want really intense pickles, you are probably going to want to max out the fermentation time, while a shorter fermentation time will mean a less pickled flavor. This is a personal distinction, and you can make this call when you test the pickles yourself.

Test your pickles as you go, using a clean utensil to remove the pickle from the jar. The answer to when they are ready is simply when you think they taste good. Trust your own taste buds and let them make the decision for you.

LACTO-FERMENTED ASPARAGUS

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 10 TO 14 DAYS

One of the first vegetables to become available in spring, asparagus turns out to be an amazing pickled product. It maintains a good crunch when fermented for up to two weeks, and it is a whole lot cheaper than commercial varieties.

1 pound asparagus, trimmed to at least 1 inch shorter than the jar

6 garlic cloves, crushed

1 teaspoon black peppercorns

½ teaspoon mixed pickling spice

½ cup fermented vegetable brine

1½ cups water

1 tablespoon pickling salt

1. Wash and dry the asparagus. Pack the garlic, peppercorns, and mixed pickling spice into the jar. Fit the asparagus snugly in the jar, tips all either up or down, leaving about 1 inch of headspace.
2. Pour the vegetable brine over the asparagus. In a small bowl, mix the water and salt until the salt is dissolved. Pour this over the asparagus to cover it. If it is not covered, add a little more water until it is. If necessary, add a weight to hold the asparagus submerged in the brine. Cover the jar with a nonreactive lid and leave the jar in a room-temperature location.
3. After a day or two, bubbles should begin to form and rise in the jar, signaling fermentation. Watch the jar every day, and if any scum appears on the surface of the brine, skim it off and

rinse the weight. Repack the weight into the mouth of the jar and continue fermentation.

4. Test the asparagus after 10 days by removing a piece with a clean utensil and cutting off a small slice for a taste before returning it. If it tastes good, it's done. If they're not yet to your liking, return the weight to the mouth of the jar and continue fermentation for up to 14 days total.
5. When fermentation is complete, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the spears will keep for about 1 month.

A CLOSER LOOK: The woody stems of asparagus should be removed before preparing this recipe. Bend each stalk near the bottom, and the woody part will snap right off.

LACTO-FERMENTED RADISHES

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 5 TO 10 DAYS

If you like the crunch of a fresh radish, not to worry: it won't get lost in the process of fermentation. These root vegetables maintain their crispness and become milder as they ferment to complete sourness. Choose red globe radishes, or find multicolored and oblong-shaped ones at farmers' markets in the height of summer.

1½ pounds radishes, sliced

2 cups water

1½ tablespoons pickling salt

1. Pack the radishes into a quart jar. Mix the water and salt together, stirring until the salt dissolves. Pour the brine over the radishes. Weight the radishes with a jelly jar or other weight to submerge all of the radishes in the brine. Leave the jar at room temperature.
2. After 5 days, check the radishes for taste. If they taste good, they are done. If you're not satisfied yet with their flavor, reapply the weight and return them to the counter to ferment for up to 10 days total.
3. When fermentation is complete, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the radishes will keep for about 1 month.

LACTO-FERMENTED BEANS

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 1 TO 2 WEEKS

When the summer is in full swing, it can be hard to keep up with a harvest of beans from your garden. Here is yet another way to keep things under control by grabbing a pound and tossing them in a jar to ferment. Garlic and dill are combined here for a dilly flavored bean; however, feel free to add your favorite herbs or spices to create a fermented bean flavored to your own personal taste. Use tender young beans for the best results.

½ pound green beans

2 dill heads

4 garlic cloves, crushed

½ teaspoon black peppercorns, crushed

3 cups water

2 tablespoons pickling salt

1. Layer the beans, dill, garlic, and peppercorns in a quart jar. In a small bowl, mix together the water and salt, stirring until the salt is dissolved. Pour the brine over the beans, using a weight to hold the beans below the brine, if needed.
2. After 7 days, check the beans for taste. If they are to your liking, they are done. If you're not yet satisfied with their flavor, reapply the weight and return them to the counter to ferment for up to 14 days total.
3. When fermentation is complete, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the beans will keep for about 1 month.

A CLOSER LOOK: When pickling beans, choose ones that are thin and young, as they will pickle more quickly and be the most tender. Avoid string beans that require additional prep; rather, choose a variety of snap beans from the store, or grow your own.

MIXED GARDEN PICKLES

MAKES 2 QUARTS
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 3 WEEKS

Mixed garden pickles make use of several kinds of produce, offering a good solution for an overwhelming bounty of summer vegetables. They look great in a jar and are fun to eat, as each item develops its own unique flavor. Make this in a half-gallon jar, or adjust the recipe to the amount of produce you have on hand.

1 to 2 cauliflower heads, separated into florets

1 bell pepper, cut into strips

½ pound green beans

1 onion, peeled and sliced

1 cup carrots, peeled and cut into ½-inch rounds

4 garlic cloves, crushed

1 thyme sprig

½ teaspoon crushed black peppercorns

4 tablespoons pickling salt

6 cups water

1 tablespoon red wine vinegar

1. In a large bowl, toss all the vegetables together. Pack the vegetables into a jar and add the garlic, thyme, and peppercorns. Prepare the brine by dissolving the salt in the water, and pour it over the vegetables. Add the vinegar.
2. Weigh the vegetables down below the brine using a small weight inserted into the mouth of the jar, or use a zip-top bag filled with the remaining brine, and insert this into the mouth of the jar. Leave the jar at room temperature.
3. Fermentation should be noticeable after 3 to 5 days, as bubbles will form in

the jar. Check the jar daily, and if any scum appears on the surface, skim it off immediately, clean the weight, and add it back to the jar.

4. Check the pickles for doneness after about 2 weeks. If they are soured to your liking, they are ready. If not, add the weight back to the jar and continue to ferment for 3 weeks total. When fermentation is complete, remove the weight, cover with a nonreactive lid, and refrigerate. These pickles will keep for over 1 month.

TRY INSTEAD: Fermentation recipes are highly customizable to your own tastes. In this recipe, it is perfectly fine to use any other garden produce. Zucchini, summer squash, eggplant, peas, and broccoli can all be added or substituted. Also, you can swap out the thyme for basil, oregano, or chiles for alternative flavor accents.

DILLY MIXED GARDEN PICKLES

MAKES 2 QUARTS
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 1 TO 3 WEEKS

Adding cabbage to the pickling mix, this mixed pickle delivers a strong dill and lemon flavor, with a little spice to keep things interesting. The fermentation time is up to 3 weeks, but start tasting this as early as 1 week in to check how the flavors are developing—you may enjoy the younger pickle, which has a stronger taste of lemon.

2 cups whole small sweet peppers

2 cups pickling cucumbers, cut into 1-inch rounds

2 cups carrots, peeled and cut into 1-inch rounds

2 cups thinly sliced cabbage

1 cup green beans, cut in half

4 garlic cloves, crushed

2 dill heads

½ teaspoon crushed black peppercorns

½ teaspoon red chili pepper flakes

1 lemon, sliced

1½ tablespoons pickling salt

2 cups water

¼ cup white vinegar

1. In a large bowl, toss all the vegetables together. Pack the vegetables into a jar, layering in the garlic, dill, peppercorns, chili flakes, and lemon. Prepare the brine by dissolving the salt in the water, and pour it over the vegetables. Add the vinegar.
2. Weigh the vegetables down below the brine using a small weight inserted into

the mouth of the jar, or use a zip-top bag filled with the remaining brine, and insert this into the mouth of the jar. Leave the jar at room temperature.

3. Fermentation should be noticeable after 3 to 5 days, as bubbles will form in the jar. Check the jar daily, and if any scum appears on the surface, skim it off immediately, clean the weight, and add it back to the jar.

4. Check the pickles for doneness after about 1 week. If they are soured to your liking, they are ready. If not, add the weight back to the jar and continue to ferment for 3 weeks total. When fermentation is complete, remove the weight, cover with a nonreactive lid, and refrigerate. These pickles will keep for several months.

LACTO-FERMENTED TURNIPS AND BEETS

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 6 WEEKS

These turnips are fermented shredded, quite similarly to sauerkraut. Here a beet or two gives the whole ferment its lovely pink hue. While grating with a traditional grater can be tedious, the job is made exceedingly quick using a food processor. If you have one, pull it out to quickly shred the turnips and beets, and they'll be ready for fermentation in no time.

2 pounds turnips, peeled and shredded

½ pound beets, peeled and shredded

1½ tablespoons pickling salt

1. In a large bowl, toss the turnips and beets. Add the salt and mix well. Pack the turnips and beets into a quart jar. Add a weight to the turnip-beet mixture by inserting a jelly jar or other weight into the mouth of the jar. Place a nonreactive lid loosely on the jar, and set the jar in a location between 60°F and 75°F.
2. The following day, check to see that the turnip-beet mixture is submerged in the brine. If not, mix 2½ teaspoons of pickling salt with 2 cups of water and add to the jar. Reapply the weight and lid and return the jar to its location.
3. Check the ferment daily for scum on its surface; if it does appear, skim it off and rinse the weights before adding them back to the jar.
4. After 2 weeks, check the turnips for taste. If they are to your liking, they are done. If you are not yet satisfied, reapply the weight and return them to the counter to ferment for up to 6 weeks

total, checking for doneness every couple of days.

5. When fermentation is complete, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the turnips will keep for more than 1 month.

PAIR WITH: Pickled turnips make a great addition of flavor and color to a green salad. Serve a generous portion, along with carrots, lettuce, scallions, slivered almonds, and feta cheese, and you have a delicious and filling meal.

LACTO-FERMENTED DAIKON

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 TO 3 DAYS

Daikon is a formidable vegetable, large in both size and possibilities. It's actually a rather bland radish on its own, so pickling daikon is one of the most popular ways to eat it, and lacto-fermentation is just the thing to add a bit of probiotic power to your mealtime. This quick ferment can be ready in just days.

1 pound daikon

4 dried chile peppers

1 (2-inch) piece ginger, peeled and sliced

2 cups water

1½ tablespoons pickling salt

1. Cut the daikon in half lengthwise and then slice each half into ½-inch-thick half-moons. Layer the daikon in a quart jar along with the chile peppers and ginger. Mix the water and salt until the salt is dissolved, and pour the brine over the daikon until it is covered. Weigh the daikon down with a small weight inserted into the mouth of the jar. Cap the jar loosely with a nonreactive lid, and leave the jar at room temperature to ferment.
2. The daikon will be complete after 2 to 3 days. When you are satisfied with the sourness of the pickle, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the daikon will keep for about 1 month.

LACTO-FERMENTED EGGPLANT

MAKES 1 PINT
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 7 DAYS

Fermented eggplant has an entirely different texture from other preparations. If you think of eggplant as a mushy mess, you should try this once to see what you are missing. Soaking up the flavor of the brine, these pickles turn out so great you can eat them by the forkful.

4 small Japanese or other Asian-variety eggplants

10 garlic cloves, crushed

½ teaspoon crushed black peppercorns

½ teaspoon red chili pepper flakes

1 teaspoon dried oregano

2 tablespoons pickling salt

3 cups water

1. Peel the eggplants and then thinly slice them. Pack them into a pint jar, layering them together with the garlic, peppercorns, chili pepper flakes, and oregano. In a small bowl, mix the salt and water, stirring until the salt is dissolved. Pour the brine over the eggplant. Use a small weight to hold the eggplant down under the brine. Loosely cap the jar with a nonreactive lid and leave the jar in a room-temperature location.
2. After 7 days, remove the weight, cap the jar with a nonreactive lid, and transfer it to the refrigerator, where the eggplant will keep for at least 1 month.

Pickled Lemons

CHAPTER 5

FRUIT PICKLES

Fruit may not be the first thing that comes to mind when you think of pickling. However, don't let that dissuade you from trying these complexly flavored pickles. Spanning the range of sweet to sour to spicy, there is definitely a fruit pickle to suit everyone's tastes.

Look for firm fruits when using them for pickling, especially for

recipes that will be water-bath canned, as well-ripened fruits will often lose too much of their structure after pickling, This chapter contains a mix of fresh and fermented pickles, so be sure to check which process you'll be doing before you begin to be sure you have all the necessary equipment ready to go.

Pickled Apples
Lacto-Fermented Spiced Apples
Pickled Pears
Pickled Peaches
Pickled Blueberries
Minty Pickled Strawberries
Sweet Pickled Cherries
Brined Cherries

Pickled Plums

Spiced Watermelon Pickles

Lacto-Fermented Watermelon Pickles

Pickled Figs

Pickled Lemons

PICKLED APPLES

MAKES 1 PINT
PREP TIME: 15 MINUTES • COOK TIME: 6 MINUTES • CURING TIME: 8 HOURS

This quick and easy refrigerator pickle makes use of those couple extra apples you have lying around the kitchen. While any variety of apple can work—including crab apples—apples with red skin will lend a nice hue to the finished pickles.

¾ pound apples

1 cup apple cider vinegar

½ cup water

¾ cup sugar

1 (4-inch) cinnamon stick, broken

1 teaspoon allspice berries

½ teaspoon black peppercorns

3 whole cloves

1. Halve and core the apples, and then thinly slice them.
2. In a nonreactive pot, combine the remaining ingredients and bring to a boil. Reduce the heat, stirring until the sugar dissolves.
3. Add the apples and return the brine to a boil. Reduce the heat, cover, and simmer the apples for 3 minutes.
4. Transfer the apples to a jar or bowl and set on the counter until they come to room temperature. Cover the apples with a nonreactive lid and store them refrigerated for at least 8 hours. Store them for up to 1 month.

A CLOSER LOOK: There is often an abundance of apples available in the fall, but not all apples are created equally, especially when it comes to cooking. Look for Gala, Granny Smith, Pink Lady, Braeburn, or Fuji apples. All are good

choices that hold up well to heat processing.

LACTO-FERMENTED SPICED APPLES

MAKES 1 QUART
PREP TIME: 20 MINUTES •
FERMENTATION TIME: 5 TO 7 DAYS •
CURING TIME: 1 WEEK

Lacto-fermented apples are surprisingly just as pleasing as quick-pickled ones, though notably more sour than sweet. Using just salt, lemon juice, cinnamon, and honey, apples are transformed into this simple sweet-and-sour ferment. Eat them as a snack, or serve them with meats for a tasty side dish.

1 tablespoon honey

1 tablespoon pickling salt

1 (4-inch) cinnamon stick, broken

4 cups water

Juice of 1 lemon

Grated zest of 1 lemon

1 pound sweet apples

1. In a nonreactive pot, combine the honey, salt, cinnamon stick, water, lemon juice, and lemon zest. Heat until the salt is dissolved, then promptly turn off the heat. Let the mixture cool to room temperature.
2. Halve and core the apples; then thinly slice the halves and pack them into a quart jar.
3. Pour the cooled brine over the apples, pressing the apples down to ensure they are below the brine. Use a weight, or add the remaining brine to a food-safe zip-top bag and insert this into the neck of the bottle to hold the apples below the brine.
4. Allow the apples to sit at room temperature for 5 to 7 days until

fermentation slows down. At this point, remove the weight, affix a nonreactive lid, and refrigerate the pickled apples for at least 1 week before eating. Refrigerated, the apples will keep for 1 month.

PICKLED PEARS

MAKES 3 PINTS
PREP TIME: 15 MINUTES • PROCESSING TIME: 10 MINUTES • CURING TIME: 1 WEEK

Pears are surprisingly uplifting in the dead of winter, and this pickled variety does not disappoint. If you can find them, use a small variety and leave the pears whole for a stunning presentation or, if need be, halve them to fit in the jars. Be sure to treat the pears for darkening immediately after you cut them to prevent discoloration (see here). Seckel, Bartlett, and Comice pears are the best choices for pickling.

2 pounds pears

1½ cups sugar

1½ cups water

1½ cups white vinegar

1 teaspoon cloves

3 cinnamon sticks

1 (1-inch) piece ginger, peeled and thinly sliced

1. Halve and core the pears or, if desired, leave them whole. Treat for browning (see here), and pack into the jars.
2. In a nonreactive pot, combine the sugar, water, and vinegar. Bring to a boil.
3. Divide the cloves, cinnamon sticks, and ginger evenly between the jars. Pour the hot brine over the pears, use a nonreactive utensil to remove air bubbles, and leave ½ inch of headspace. Wipe the rims and cap the jars using two-piece canning lids.
4. Process in a boiling-water bath for 10 minutes. Store the jars in a cool, dark, and dry location for at least 1 week before eating.

PAIR WITH: Pears work wonderfully with cheeses such as feta and goat cheese. Serve these pickled pears atop a salad of greens, and you have a fantastic starter loaded with a world of flavor.

HOW TO PREVENT DISCOLORATION IN FRUITS

When working with pears, apples, peaches, and other fruits that are prone to discoloration, it is a good idea to treat them before processing to prevent browning. There are several different ways to do this. Some of the easiest, cheapest, and best include:

Ascorbic acid: Otherwise known as vitamin C, ascorbic acid prevents the oxidation that causes browning in fruits. It can be found in the canning

department of many large stores and also in the supplement department in powdered form. To use, mix 1 teaspoon per 2 cups of water, and soak the fruit in this solution for 10 minutes immediately after cutting.

Lemon juice: Lemon juice works in the same way as ascorbic acid and is widely available bottled at any grocery store. Add 2 tablespoons to 2 cups of water, and soak the cut fruit in this mixture for 10 minutes immediately after cutting.

Commercial fruit treatment: There are a couple of products sold commercially that are especially designed to treat fruit for discoloration before canning. The most widely available is Fruit Fresh. This product contains citric acid, the same type of acid found in lemons and limes. To use, follow directions on the packaging.

PICKLED PEACHES

MAKES 1 QUART
PREP TIME: 40 MINUTES • COOK TIME: 25 MINUTES • CURING TIME: 1 DAY

In theory and practice, pickled peaches can be canned, but because of the extended processing time needed to ensure safety, they end up fairly mushy. Therefore, this recipe is not meant for canning. Instead, it produces a still-firm peach that holds up quite well. Try Pickled Peaches and Yogurt for a delicious snack.

2 teaspoons mixed pickling spice

¼ teaspoon red chili pepper flakes

1 cinnamon stick

4 cups water

2 cups white vinegar

1½ cups sugar

1½ teaspoons pickling salt

2 pounds peaches, peeled, quartered, and pitted

1. In a nonreactive pot, combine the mixed pickling spice, red chili pepper flakes, cinnamon stick, water, vinegar, sugar, and salt. Bring to a boil, stirring to dissolve the sugar and salt. Lower the heat to a simmer.
2. Add the peaches and continue to simmer until the peaches are just tender, about 20 minutes.
3. Transfer the peaches to a jar, covering with the pickling liquid. Cool to room temperature and then refrigerate for 1 day before eating.

A CLOSER LOOK: To remove peach skin, as well as the skins of other thick-skinned fruits, cut an “X” in the skin with a paring knife. Blanch the peaches briefly, about 30 seconds, in boiling water, and immediately transfer them to

an ice-cold bath. The skins should slip off easily after this. If they don't, blanch them a little longer and try again.

PICKLED BLUEBERRIES

MAKES 1 PINT
PREP TIME: 20 MINUTES, PLUS 12 HOURS RESTING TIME • COOK TIME: 12 MINUTES • CURING TIME: 2 DAYS

Similar to a blueberry relish or ketchup, this pickle is unique in that it's made with whole blueberries. Somewhat akin to cranberry relish, this pairs well with dinner, especially ham and poultry. Or if you like, spoon it over a bowl of ice cream for a sweet-and-sour combination that is a treat for the taste buds.

3½ cups blueberries

1 cup red wine vinegar

1 cinnamon stick, broken

3 whole cloves

2 whole star anise

2 whole cardamom pods

1 (1-inch) piece ginger, peeled and thinly sliced

½ cup sugar

1. Wash and pick through the blueberries, removing any that are mushy or bruised.
2. Pour the vinegar into a nonreactive pot. Create a spice bag using a piece of cheesecloth, and add to it the cinnamon stick, cloves, star anise, cardamom, and ginger. Simmer over low heat, covered, for 5 minutes.
3. Gently add the blueberries to the pot and cook until just heated through. Shake the pot to mix the berries instead of stirring, to keep the berries whole.
4. Remove the pot from the heat, cover it, and let it sit for 12 hours at room temperature.
5. The following day, using a slotted spoon, remove the berries from the liquid and transfer to a sterile pint jar.

6. Add the sugar to the spiced vinegar. Bring the liquid to a boil, stirring to dissolve the sugar. Boil the syrup until it just begins to thicken, about 3 to 4 minutes. Pour the hot liquid over the berries and seal the jar using a two-piece lid.
7. Refrigerate the berries for at least 2 days before eating.

TRY INSTEAD: For a similar pickle, you can also make this recipe using blackberries. Just be sure to pick through the berries well to ensure they are firm before using.

MINTY PICKLED STRAWBERRIES

MAKES 1 PINT
PREP TIME: 20 MINUTES • COOK TIME: 5 MINUTES • CURING TIME: 2 DAYS

Pickling strawberries intensifies their flavor and gives them an infused edge that pairs especially well with other foods. Try these on toasted bread with goat cheese, or add them to a green salad. Either way, they liven up a plate and bring a welcome dose of summer to any meal.

2 pints strawberries

10 to 12 fresh mint leaves

¾ cup balsamic vinegar

¼ cup rice vinegar

½ cup water

½ cup sugar

2 whole star anise

2 whole cloves

1 cinnamon stick, broken

1 (1-inch) piece ginger, peeled and sliced

1. Wash and hull the strawberries. Halve them if desired. Pack the strawberries and mint leaves into a sterile pint jar.
2. In a nonreactive pot, combine the vinegars, water, sugar, star anise, cloves, cinnamon stick, and ginger. Bring to a boil, then turn off the heat. Remove the star anise from the spiced vinegar and pour the liquid over the strawberries. Cap the jar with a nonreactive lid.
3. Refrigerate the strawberries for at least 2 days before serving.

SWEET PICKLED CHERRIES

MAKES 1 PINT
PREP TIME: 10 MINUTES, PLUS 3 DAYS RESTING TIME • COOK TIME: 10 MINUTES • CURING TIME: 1 MONTH

Whether you have access to sweet or sour cherries, you can make this simple recipe that is bold in both its sweetness and cherry flavor. Serve the cherries on a salad or alongside smoked meats to enjoy this taste of summer at its finest.

1 pound sweet or sour cherries, stemmed and pitted

1½ cups white vinegar

¾ cup sugar

Seeds of 1 cardamom pod

1 cinnamon stick

1. Place the cherries in a nonreactive bowl and cover them with the vinegar. Cover the bowl and let the cherries stand at room temperature for 3 days.
2. Strain the vinegar into a nonreactive pot. Add the sugar, cardamom seeds, and cinnamon stick. Bring the liquid to a boil, then turn it down and simmer for 10 minutes.
3. Pour the hot liquid over the cherries, and then use a nonreactive lid to tightly cap the jar. Store the jars in a cool, dark, and dry location for at least 1 month before eating.

A CLOSER LOOK: Cherries are one of the most pesticide-contaminated fruits, so choosing organic cherries is a good idea, especially for children and pregnant women. Seeking out an organic supplier is advisable if you eat cherries regularly.

BRINED CHERRIES

MAKES 1 PINT
PREP TIME: 30 MINUTES • CURING TIME: 1 WEEK

Difficult to define in flavor, these brined cherries are best served cold with accompanying cheeses and other antipasto offerings. The cherries should sink, so there is no need to weight them, but if you find that some float to the top, hold them down with a small weight. These cherries are brined with their pits, so you'll need a smaller quantity than is used for the Sweet Pickled Cherries.

¾ pound cherries

2 hot chile peppers, slit lengthwise

2 garlic cloves, crushed

¼ teaspoon black peppercorns

1 bay leaf

1 tablespoon pickling salt

1½ cups water

1. Place the cherries, chile peppers, garlic, peppercorns, and bay leaf in a pint jar.
2. In a bowl, dissolve the salt in the water and pour this brine over the cherries. Cap the jar loosely with a nonreactive lid and leave at room temperature for 1 week.
3. Transfer to the refrigerator, where they will keep for 1 month.

PICKLED PLUMS

MAKES 2 QUARTS
PREP TIME: 10 MINUTES • COOK TIME: 7 MINUTES • CURING TIME: 1 MONTH

Pickled plums, like many other pickled fruits, work both as condiments and as a simple dessert when paired with ice cream or yogurt. Because plums are lower in acid than many other fruits, the vinegar enhances the flavor so much you may wonder why you have never tried them before. Choose firm plums to ensure the fruits are still intact after cooking.

2 pounds Italian plums

1½ cups red wine vinegar

½ cup sugar

1 cinnamon stick, broken in half

4 whole cloves

1 teaspoon cardamom seeds

1 (2-inch) piece ginger, peeled and thinly sliced

1. Use a skewer to poke each plum three times. In a nonreactive pot, combine the vinegar and sugar. Bring to a boil, stirring to dissolve the sugar. Add the plums to the pot and lower the heat to a simmer. Continue to cook for a few minutes until the plums are heated through.
2. While the plums are cooking, divide the cinnamon stick, cloves, cardamom seeds, and ginger between two sterile quart jars.
3. Transfer the plums to the jars and ladle in the syrup to cover them. Cap the jars using nonreactive lids and store the plums in a cool, dark, and dry location for 1 month before opening. Once opened, refrigerate.

TRY INSTEAD: If you are unable to find Italian plums, you can substitute other dark varieties here instead. However, be sure to pick plums that are slightly underripe, rather than the fully ripe ones more appropriate for fresh eating.

SPICED WATERMELON PICKLES

MAKES 3 PINTS
PREP TIME: 20 MINUTES, PLUS 36 HOURS RESTING TIME • COOK TIME: 25 MINUTES • PROCESSING TIME: 10 MINUTES

After trying this pickle, you may never throw away your watermelon rinds again. While it may take a bit of work to prepare the rind, it is well worth it when you taste this classic Southern pickle. For this pickle, you use the white part of the watermelon rind. After eating the pink flesh, cut away any remaining pink portions as well as the green outer skin, leaving just the white rind, which should be about ¼- to ½-inch thick.

5½ cups water, divided

¼ cup pickling salt

6 cups prepared watermelon rind

1½ cups white vinegar

2 cups sugar

2 cinnamon sticks

½ teaspoon whole cloves

½ teaspoon allspice

1. In a nonreactive bowl, pour 4 cups of water and the salt, stirring to combine. Add the watermelon rind and use a small plate to hold the pieces down in the brine. Leave at room temperature overnight.
2. The following day, drain the watermelon rind. Fill the bowl with water again, and drain again.
3. In a nonreactive pot, combine 1½ cups of water and the remaining ingredients and bring them to a boil. Turn down the heat and simmer for 10 minutes. Add the

watermelon rind pieces and turn off the heat. Leave the syrup in the pot for up to 24 hours.

4. Bring the mixture back to a boil and simmer the rinds for 5 to 10 minutes, until they become translucent. Remove the pot from the heat.

5. Pack the watermelon rinds and the syrup into three pint jars. Cap the jars using two-piece canning lids. Process in a boiling-water bath for 10 minutes. Store the jars in a cool, dark, and dry location.

LACTO-FERMENTED WATERMELON PICKLES

MAKES 1 QUART
PREP TIME: 15 MINUTES •
FERMENTATION TIME: 5 TO 7 DAYS

If you like the taste of watermelon rind pickles but want to add some probiotic punch to your daily diet, here is a fun way to do it. These pickles don't have any added sugar, making them more sour than the Spiced Watermelon Pickles. However that doesn't mean that they are any less delicious. This is a basic fermentation recipe, so feel free to include any additional spices to give it your personal twist. See the Spiced Watermelon Pickles for how to prepare the rind.

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4 cups prepared watermelon rind

1 quart water

2 tablespoons pickling salt

1. Pack the watermelon rind into a quart jar.
2. Mix the water and salt in a bowl until the salt is dissolved. Pour this brine over the watermelon rinds. Use a nonreactive utensil to check for air bubbles and, if necessary, use a small weight to hold the watermelon rinds below the surface. Loosely cap the jar using a nonreactive lid.
3. Leave the jar at room temperature for 5 to 7 days, or until an appetizing flavor and texture has been produced. Close the jar tightly and transfer it to the refrigerator, where the flavor will continue to develop over time.

PICKLED FIGS

MAKES 4 PINTS
PREP TIME: 30 MINUTES • COOK TIME: 25 MINUTES • PROCESSING TIME: 15 MINUTES

Pickled figs are not a common fruit pickle, but that says nothing about how delicious they actually are. If you have access to a fig tree, snag a couple pounds for this rewarding project, or source figs at a farmers' market in the summer when they are at their peak.

2 cups sugar

4 cups water

1 cinnamon stick

1 teaspoon whole cloves

1 teaspoon whole allspice

2½ pounds firm but ripe figs

1½ cups apple cider vinegar

1. In a nonreactive pot, combine the sugar, water, cinnamon stick, cloves, and allspice. Bring to a boil, stirring to dissolve the sugar. Lower the heat to a simmer and carefully add the figs. Stir the figs gently as they simmer for about 20 minutes, until they are tender. Add the vinegar and continue to cook until the liquid begins simmering again.
2. Ladle the figs into four pint jars and cover with the syrup, leaving ½ inch of headspace.
3. Process in a boiling-water bath for 15 minutes. Store the jars in a cool, dry, dark location.

A CLOSER LOOK: Figs are loaded with fiber and a great addition to the diet. When looking for figs for pickling, be sure to select ones that are firm but ripe without blemishes. In most regions of the country, this is not a problem, as

they are most often picked when underripe to allow for transport.

PICKLED LEMONS

MAKES ½ PINT
PREP TIME: 10 MINUTES • COOK TIME: 12 MINUTES • CURING TIME: 1 WEEK, PLUS 1 MONTH

Unlike many other pickled lemon recipes, this one has added sugar to give it the benefit of sweetness, making it an ideal starting point for someone new to this delicacy. Commonly served alongside meals in India and Morocco, pickled lemon is a delicious condiment that complements both meat and vegetable dishes.

2 small lemons

1 teaspoon cumin seeds

1 teaspoon black peppercorns

1 tablespoon pickling salt

3 tablespoons lemon juice

1 cup brown sugar

1. Cut the lemons in half lengthwise and then thinly slice them. In a spice grinder or with a mortar and pestle, grind the cumin and peppercorns. Mix the spices together with the salt. In a half-pint jar, layer the lemon slices with the salt-spice mixture, packing them down as you go. Cover the lemons with the lemon juice. Place the jar in a warm location and let it sit for at least 7 days.
2. Pour the juice from the jar into a nonreactive pan, pressing as you do to extract more juice from the lemons. Add the brown sugar and slowly bring the mixture to a simmer, stirring to dissolve the sugar. Add the lemons and simmer for an additional 10 minutes.
3. Pack the lemons and juices back into a half-pint jar, cap the jar tightly, and leave the jar at room temperature for 1 month. Transfer the jar to the refrigerator, where

it will keep for several months.

A CLOSER LOOK: When using whole lemons, select organic lemons, as commercial lemons are waxed, dyed, and have considerable pesticide and fungicide residues.

Cabbage Kimchi

CHAPTER 6

KIMCHI, TSUKEMONO, AND OTHER PICKLES OF EAST ASIA

Kimchi, a fermented Korean pickle, and tsukemono, a wide variety of fragrantly pickled foods hailing from Japan, are in a league of their own. Used as a garnish, snack, or side dish, these simple pickles represent a wide

range of styles, burst with individuality, and are served with nearly every traditional meal in their respective place of origin. Whether fermented, salt-cured, or miso-cured, these pickles shine with crunch and are a great addition to your kitchen.

Cabbage Kimchi

Cabbage, Carrot, Cucumber, and Broccoli Kimchi

Kale and Carrot Kimchi

Cucumber Kimchi

Pickled Ginger

Garlic in Soy Sauce

Miso Garlic

Daikon in Soy Sauce

Takuan (Pickled Daikon)

Spicy Pickled Daikon

Eggplant Pickled in Soy Sauce
Quick-Pickled Cucumbers
Sweet Pickled Cucumbers
Pickled Cucumbers and Cabbage
Cucumber and Wakame Pickles
Pickled Cabbage
Miso-Pickled Vegetables
Vietnamese Pickled Daikon and Carrots
Chinese Fermented Mustard Greens
Daikon Kimchi

CABBAGE KIMCHI

MAKES 1 QUART
PREP TIME: 10 MINUTES, PLUS 12 HOURS RESTING TIME • FERMENTATION TIME: 3 TO 6 DAYS

Kimchi is the national treasure of Korea, and this simple, basic cabbage kimchi is the star of the show. Use Chinese cabbage when making kimchi, as it is much more tender than European varieties of cabbage. You can adjust the heat level here to suit your preference, and if desired, add in some complementary elements such as sliced daikon or turnip.

2 tablespoons, plus ¾ teaspoon pickling salt, divided

4 cups water

1½ pounds Chinese cabbage, cut into 1-inch squares

5 scallions, cut into 1-inch lengths, then slivered

1 tablespoon minced ginger

1½ tablespoons Korean ground dried hot pepper

¾ teaspoon sugar

1. In a nonreactive bowl, dissolve 2 tablespoons of salt in the water. Place the cabbage in the water and weigh them down using a plate. Leave the bowl, covered with a kitchen towel, at room temperature for 12 hours.
2. Strain the cabbage, reserving the brine. Transfer the cabbage to another bowl and mix together with all the remaining ingredients, including the remaining ¾ teaspoon of salt.
3. Pack the cabbage mixture into a quart jar. Cover the cabbage with the reserved brine until it is submerged. Use a small

weight to hold the cabbage down, or pour the remaining brine into a food-safe zip-top bag and press this into the mouth of the jar to weigh down the cabbage.

4. Place the jar in a location that stays around 68°F, and leave it to ferment for 3 to 6 days, or until soured to your liking.

5. Remove the weight and close the jar tightly with a nonreactive lid. Store in the refrigerator, where it will keep for several months.

A CLOSER LOOK: If you don't have access to a market that carries Korean hot pepper, that's okay. Simply use another mild hot pepper powder, such as New Mexican ground hot peppers or Mexican pepper blends.

CABBAGE, CARROT, CUCUMBER, AND BROCCOLI KIMCHI

MAKES 1½ QUARTS
PREP TIME: 15 MINUTES, PLUS 12 HOURS RESTING TIME • FERMENTATION TIME: 3 TO 6 DAYS

Cabbage is a given, but you may never have even considered adding carrot, cucumber, and broccoli to your kimchi. The fact is, these all work exceptionally well for providing added depth to the spice and sourness of kimchi. Because broccoli is so tough, it is important to cut it into small pieces, especially its fibrous stems, to enjoy eating it in this lightly fermented state.

3 tablespoons, plus 1 teaspoon pickling salt, divided

6 cups water

1 pound Chinese cabbage, cut into 1-inch squares

2 cucumbers, peeled and julienned

3 carrots, peeled and julienned

2 small heads broccoli, divided into florets, and the stems cut into ¼-inch rounds

6 scallions, cut into rounds

1 tablespoon minced ginger

2 tablespoons Korean ground dried hot pepper

1 teaspoon sugar

1. In a nonreactive bowl, dissolve 3 tablespoons of the salt in the water. Place the cabbage and cucumbers in the water and weigh them down using a plate. Leave the bowl, covered with a kitchen towel, at room temperature for

12 hours.

2. Strain the cabbage and cucumbers, reserving the brine. Transfer the mixture to another bowl and mix it together with all the remaining ingredients, including the remaining 1 teaspoon of salt.
3. Pack the vegetable mixture into a 2-quart jar. Cover the vegetables with the reserved brine until the cabbage is submerged. Use a small weight to hold the cabbage down, or pour the remaining brine into a food-safe zip-top bag and press this into the mouth of the jar to weigh down the cabbage.
4. Place the jar in a location that stays around 68°F, and leave it to ferment for 3 to 6 days, or until soured to your liking.
5. Remove the weight and close the jar tightly with a nonreactive lid. Store it in the refrigerator, where it will keep for several months.

KALE AND CARROT KIMCHI

MAKES 1 QUART
PREP TIME: 25 MINUTES • CURING TIME: 4 HOURS

Kale is a nutritional beast, and here it is combined with just the right amount of Korean hot pepper powder to create a quick fire-hot kimchi that skips the fermentation step. Blanching the kale makes it tender, while a combination of ginger, scallions, and sugar seasons it just the right amount, creating a perfect side dish for an Asian-inspired meal.

4 pounds kale, cleaned, stalks removed, and cut into 2-inch squares

1 tablespoon kosher salt

¾ cup water

¼ cup sugar

2 tablespoons minced garlic

1½ tablespoons minced ginger

4 scallions, cut into 2-inch lengths, then julienned

1 carrot, peeled and cut into 2-inch lengths, then julienned

2 tablespoons Korean ground dried hot pepper

¼ cup cut strips of Asian pear

1. Prepare an ice bath, and bring a large pot of water to a boil. Submerge the kale in the boiling water and blanch for 3 minutes. Promptly remove the kale and transfer it to the ice bath. Once cool, drain the water and press the kale with your hands to remove as much water as possible. Toss the kale with the salt and set aside.
2. In a large bowl, combine the water with the sugar, and stir to dissolve. Add the garlic, ginger, scallions, carrot, and ground hot pepper. Mix to combine. Add

the kale and Asian pear and stir until mixed well.

3. Pack tightly into a quart jar, pressing firmly as you go. Close the jar with a nonreactive lid and refrigerate for at least 4 hours before serving. Refrigerated, it will keep for around 7 days.

TRY INSTEAD: Asian pears have a mildly sweet flavor. If you don't have access to Asian pears, substitute a tart apple, which most closely resembles the flavor of this fruit.

CUCUMBER KIMCHI

MAKES 2 CUPS
PREP TIME: 10 MINUTES • CURING TIME: 2 HOURS

Cucumber kimchi made in this way is a Japanese quick version of the traditionally fermented side dish. Try this out when you're looking for the taste of kimchi but don't want to wait for fermentation to take place. Place it in the refrigerator when it is complete, and serve it cold after just a couple hours of rest. Use Japanese cucumbers for the best results. You can usually find them at your grocer. They are longer and thinner than their American counterpart and have very few seeds.

3 Japanese cucumbers, thinly sliced

1 small, tart apple, cored and thinly sliced

6 radishes, sliced

1 (1-inch) piece ginger, peeled and sliced

½ lemon rind, grated on a Microplane grater

1 teaspoon Korean dried hot pepper powder

½ teaspoon salt

1½ teaspoons sugar

1 tablespoon rice vinegar

¾ cup water

In a nonreactive bowl, mix the cucumbers, apple, radishes, ginger, and lemon rind. Add the hot pepper powder, salt, sugar, and vinegar. Pour the water over the kimchi. Cover the bowl and refrigerate for 2 hours before serving.

TRY INSTEAD: If you like, swap the salt out for 1 teaspoon of soy sauce. This adds a different complexity to the kimchi. Though soy sauce is not a

traditional flavoring in kimchi, it plays well off the cucumbers and creates a quick kimchi that is equally delicious.

PICKLED GINGER

MAKES 1 CUP
PREP TIME: 10 MINUTES • COOK TIME: 5 MINUTES • CURING TIME: 2 TO 3 DAYS

This is the type of pickled ginger that is served with sushi. It is typically made with young ginger, which becomes available in the early summer at farmers' markets. Whether you have access to young ginger or not, you can make this by peeling the ginger before using and slicing it superthin.

2 cups water

1 teaspoon, plus ½ teaspoon salt, divided

3 ounces ginger, peeled and thinly sliced

½ cup rice vinegar

2 tablespoons sugar

1. In a pot, mix the water and 1 teaspoon of the salt. Bring the liquid to a boil and add the ginger to the pot. Cook for 30 seconds and drain the water.
2. Pack the ginger into a sterilized jar.
3. In a nonreactive pot, mix the vinegar, sugar, and the remaining ½ teaspoon of salt. Bring this liquid to a boil, remove it from the heat, and allow it to come to room temperature.
4. Pour the cooled liquid over the ginger, and store refrigerated. It's best to eat after 2 to 3 days, but it will keep indefinitely.

TRY INSTEAD: If you want to speed up the process, cool the brine by placing the bottom of the pot in a cold-water bath to cool it to room temperature. Because this recipe uses a small amount of liquid, this should only take a couple minutes to cool down when using this method.

GARLIC IN SOY SAUCE

MAKES 1 PINT
PREP TIME: 10 MINUTES • CURING TIME: 2 MONTHS

This pickle is made using young garlic, which has paper-thin skin that, for the most part, can be left intact. Look for young garlic at the beginning of the summer, when harvest begins to take place. After 2 months of curing, the garlic odor will be drastically diminished, and you are left with a delicious, crisp garlic pickle that has just the perfect amount of sweet and savory.

5 to 6 whole garlic heads

1 cup rice vinegar

⅔ cup soy sauce

1 tablespoon sugar

1. Peel only the outermost layer of skin from the garlic heads. Trim away the stems to allow you to pack the garlic tightly.
2. Pack the garlic into a sterile pint jar. Cover with the vinegar, close the jar with a nonreactive lid, and leave at room temperature for 2 weeks.
3. Strain the vinegar off the garlic, reserving the vinegar. Measure ⅓ cup of the reserved vinegar and mix it with the soy sauce and sugar until the sugar is dissolved. Pour this mixture over the garlic, cover with a nonreactive lid, and store the garlic refrigerated for at least 1½ months before eating. To serve, cut the garlic heads diagonally through the head and serve each half whole.

A CLOSER LOOK: For pickles that will be refrigerated for a long time, or those prone to spoilage, a sterilized jar is called for to prevent the growth of mold, which can occur even when the pickle is

refrigerated. To sterilize jars, simply boil them for 10 minutes before using.

MISO GARLIC

MAKES 1 PINT
PREP TIME: 10 MINUTES • COOK TIME: 5 MINUTES • CURING TIME: 1 WEEK

Miso, a fermented soybean paste, is a perfect pickling medium, especially for ever-so-pungent garlic. If the thought of eating raw garlic does not appeal to you, consider trying this; you may be surprised. After about a week, the intense flavor of the garlic mellows, producing a tasty meal accompaniment. Mix the pickles into cooked rice for a fragrant dish, or roast them in sesame oil until browned for an excellent complement to meat.

8 ounces peeled garlic cloves

8 ounces miso

3 tablespoons mirin

1. Fill a small pot with water and bring it to a boil. Add the garlic and cook for 2 minutes. Drain. Using a clean kitchen towel, pat the cloves entirely dry.
2. Mix the miso and mirin in a small bowl. Put about half of this mixture into the bottom of a pint jar. Place the garlic cloves into the jar and cover them with the remaining miso paste mixture, pressing it down so that the cloves are well covered.
3. Cover the jar using a nonreactive lid, and refrigerate for at least 1 week before eating.

A CLOSER LOOK: There are several types of miso paste available, the most common being red and white miso. This pickle is typically made using red miso, which is stronger in flavor. However, it is perfectly fine to experiment with different types of miso paste. Try making

these with your favorite variety and see what you think.

DAIKON IN SOY SAUCE

MAKES 1½ CUPS
PREP TIME: 15 MINUTES, PLUS 1 HOUR RESTING TIME • CURING TIME: 1 TO 2 HOURS

If you don't want to wait for Takuan (Pickled Daikon), here is a quick pickle you can eat in about an hour. Daikon, a thick white radish, helps with digestion, and you will have no problem enjoying plenty of it in this salty, flavorful brine.

1 pound daikon, peeled, cut lengthwise, and cut into half-moons

1 teaspoon pickling salt

½ lemon

3 tablespoons soy sauce

1 tablespoon mirin

1-inch piece kombu, cut into small pieces

1. Sprinkle the daikon with the salt, toss in a bowl, and allow to sit for 1 hour. Drain off any water.
2. Remove the rind from the lemon and dice the rind finely. In a nonreactive bowl, mix the soy sauce and mirin. Add the lemon rind, kombu, and daikon and mix well.
3. Cover the bowl with a small plate, and weigh down the plate using a large stone or jar filled with water. Halfway through the curing time, mix the seasoned daikon and weigh it down again. Serve after 1 or 2 hours.

A CLOSER LOOK: Kombu, used in Japanese cuisine to make savory stocks, is a type of seaweed. It is used both as a flavoring agent and in salads and other fresh preparations. It is high in vitamins A and C, as well as iodine, calcium, and potassium. It is best to cut kombu with kitchen shears.

TAKUAN (PICKLED DAIKON)

MAKES 2 POUNDS
PREP TIME: 15 MINUTES, PLUS 2 TO 3 WEEKS DRYING TIME • FERMENTATION TIME: 1 TO 3 MONTHS

If you buy takuan, a type of pickled daikon, at the store, it is most likely dyed with chemicals to give it its bright yellow coloring. By pickling the daikon at home, you can achieve the same flavor and crunch without all the chemicals. It will take at least a month to achieve a good flavor, and even longer to develop flavors that are really complex, but this classic Japanese pickle is worth the wait. You will need a 1-gallon pickling crock or another similar-size container made of wood or food-grade ceramic.

2 pounds daikon radish, preferably 2 or 3 thin and long ones

⅓ pound rice or wheat bran

4 tablespoons pickling salt

½ teaspoon brown sugar

2 dried chile peppers, finely diced

1 (2-inch) square kombu, cut into several smaller pieces

1. Rinse the daikon well, then hang outside in the sun, sheltered from rain, for 2 to 3 weeks. When the daikon are easily bendable, they are ready for pickling.
2. Using your hands, roll the daikon on a cutting board to further soften the radish.
3. In a bowl, mix the bran, salt, brown sugar, and chile peppers. Add one quarter of this mixture to the bottom of your pickling crock. Add half of the kombu to the crock if you have 2 radishes, one-third if you have 3

radishes. Layer the daikon into the crock, bending it so that it fits in the bottom of the crock. Cover the radish with a layer of the bran mixture, add half or one-third of the kombu, pack the next radish into the crock, and then cover it with another portion of the bran mixture. If you have another radish, add it to the crock and use the remaining kombu and the bran mixture to cover the daikon.

4. Place a small plate into the crock to cover the bran mixture and cover the entire crock with a plastic bag. Place a heavy weight, around 4 to 6 pounds, on the plate to hold it down. Store the crock in a cool location.
5. After 5 days, remove the weight and inspect the crock. If the liquid has begun to rise, you can reduce the weight to 2 pounds. If not, continue with the heavier weight until the liquid rises.
6. After 1 month, remove a daikon, slice a piece, and taste it. If you like the flavor, remove the daikon and eat it now. If not,

let it continue pickling for up to 2 more months.

A CLOSER LOOK: To infuse even more flavor into the daikon, try adding dried fruit peels to the pickling crock. Sun-dry the peels of apple, orange, lemon, or pear, and add them to the crock at the time of packing.

SPICY PICKLED DAIKON

MAKES 1½ CUPS
PREP TIME: 15 MINUTES, PLUS 30 MINUTES RESTING TIME • CURING TIME: 2 HOURS

This quick pickle makes a nice spicy side, or add it to a stir-fry to heat things up a bit. While overnight refrigeration adds to the intensity of the flavors, this simple pickle can be eaten as soon as 2 hours after preparation.

1 pound daikon, peeled and cut into matchsticks

1 teaspoon salt

3 cloves garlic, minced

2 scallions, finely sliced

1 teaspoon toasted sesame seeds (see tip)

1 tablespoon rice vinegar

½ teaspoon red chili pepper flakes

1 teaspoon sugar

1. Toss the daikon with the salt in a bowl and let sit for about 30 minutes. Drain the daikon and squeeze out any additional water using your hands.
2. Add the remaining ingredients and mix well. Pack the mixture into a pint jar and store for at least 2 hours before serving.

A CLOSER LOOK: To toast sesame seeds, place them in a dry skillet over medium-high heat. Cook them for 3 to 5 minutes, stirring frequently, until they become lightly browned. To prevent them from burning, transfer them to a cool plate as soon as their color starts to change.

EGGPLANT PICKLED IN SOY SAUCE

MAKES 1 PINT
PREP TIME: 5 MINUTES, PLUS 30 MINUTES SOAKING TIME • CURING TIME: 2 HOURS

Use small Japanese eggplants or another Asian variety for this recipe, not the globe eggplants found in many supermarkets. These slender eggplants are tender when raw and easily penetrated with this marinating mixture. One plant in the garden will produce an abundance of eggplants over the summer, or you can find them at Asian and specialty retailers.

4 Japanese eggplants

1 (4-inch) square kombu, cut into small shreds

¾ cup soy sauce

1 tablespoon sake

½ teaspoon hot red chili pepper flakes

1. Halve the eggplants lengthwise. Using a sharp knife, make several small slits in the skin of the eggplants. Transfer the eggplants to a bowl and cover with cold water. Soak for 30 minutes. Drain the eggplants, cut them into 1-inch pieces, and return them to the bowl.
2. Add the remaining ingredients and stir to combine. Cover the jar with a nonreactive lid and leave it at room temperature for 2 hours. Shake the jar occasionally during this time.
3. Transfer the jar to the refrigerator and store refrigerated for up to 1 week.

QUICK-PICKLED CUCUMBERS

MAKES 2 CUPS
PREP TIME: 5 MINUTES • CURING TIME: 12 HOURS

Meant to be eaten the morning following preparation, these pickles are delicious with any meal. While they pair exquisitely with Japanese meals, they can also be enjoyed alongside sandwiches and other Western fare. To serve, spoon a few pieces into an individual serving dish.

4 Asian-style pickling cucumbers

1 (2-inch) square kombu, cut into small strips

4 tablespoons soy sauce

1 tablespoon mirin

1. Wash and dry the cucumbers and cut them into ½-inch-thick slices.
2. Rinse the kombu and place it into a jar with the cucumbers.
3. In a small bowl, mix the soy sauce and mirin. Pour this mixture over the cucumbers and seal the jar using a nonreactive lid.
4. Refrigerate overnight, shaking the jar once or twice after mixing.

A CLOSER LOOK: This is a simple pickling style that can be used for many vegetables. Substitute napa cabbage, daikon, radishes, or turnips to make a similar pickle on the fly.

SWEET PICKLED CUCUMBERS

MAKES 2 CUPS
PREP TIME: 10 MINUTES, PLUS OVERNIGHT RESTING TIME • COOK TIME: 5 MINUTES • CURING TIME: 10 HOURS

Just as American pickles are made in both salty and sweet varieties, so are Japanese pickles. This sweet version is quick and easy, leaving you with snappy morsels of cucumber that pair wonderfully with warm rice, poultry, and fish.

4 Japanese pickling cucumbers

1⅓ tablespoons pickling salt

½ cup water, divided

1¼ cups rice vinegar

3 tablespoons sugar

1 dried chile pepper

½ teaspoon peppercorns

1. Wash the cucumbers and trim both ends off. Cut the cucumbers lengthwise and place in a small dish where they can all lie relatively flat. Rub them with the salt and pour ¼ cup of water over them. Cover the cucumbers with a plate or other small dish to weigh them down, and leave them overnight or up to 24 hours at room temperature.
2. Rinse the cucumbers under cool water and leave them in the open air until the surface is completely dry.
3. In a nonreactive pot, mix the remaining ingredients, including the remaining ¼ cup of water. Bring the mixture to a boil, turn off the heat, and cool to room temperature.
4. Pack the cucumbers into a pint jar, pressing them down tightly in the

bottom. Pour the cooled marinade over the cucumbers. Close the jar with a nonreactive lid and refrigerate. Serve the following day, or store for up to 2 months.

A CLOSER LOOK: If you like the taste of Japanese pickles, you may want to invest in a Japanese pickling crock. However, if you are not there yet, nesting Pyrex glass dishes work well for weighing down these types of pickles. Place the items to be pickled in a large dish, and then add a slightly smaller dish on top. The rimmed sides make it easy to add weight, and the close sizes of the dishes ensure fairly even pressure.

PICKLED CUCUMBERS AND CABBAGE

MAKES 2 CUPS
PREP TIME: 5 MINUTES • CURING TIME: 1 TO 3 HOURS

If you are tired of eating cucumbers on their own, throw in some cabbage, and you have an entirely new pickle. Ginger is used here to provide the flavoring, and if you chop quickly, you can have this in the refrigerator and weighted in under 5 minutes.

2 Japanese cucumbers

1 cup napa cabbage, cut into 2-inch pieces

1 teaspoon ginger, sliced

1½ teaspoon salt

1. Remove the ends from the cucumbers

and discard. Slice the cucumbers, and mix them with the cabbage, ginger, and salt.

2. Transfer the mixture to a wide-mouth jar, pressing firmly to fit it in the jar. Add a narrow, tall jelly jar filled with water and sealed to weigh it down.

3. Refrigerate the cucumbers and cabbage, and serve within 3 hours.

CUCUMBER AND WAKAME PICKLES

MAKES 2 CUPS
PREP TIME: 10 MINUTES, PLUS COOLING TIME • CURING TIME: 12 TO 24 HOURS

This crisp and refreshing pickle adds wakame, a type of seaweed, which contributes its unique texture and flavor. Serve it the following day for the best flavor. Be sure to buy fueru-type wakame, which only requires soaking to soften.

2 Japanese pickling cucumbers

½ cup sliced daikon

2 tablespoons dried wakame

½ cup rice vinegar

1 (2-inch) square kombu, cut into 3 or 4 pieces

1 teaspoon pickling salt

1 tablespoon sugar

¼ cup water

1. Pack the prepared vegetables and the wakame into a zip-top bag.
2. In a small nonreactive pot, combine the remaining ingredients and bring them to a boil, stirring to dissolve the salt and sugar. Turn off the heat and bring the mixture to room temperature. Add this to the bag, seal, and refrigerate for 12 to 24 hours. To serve, pour off the marinade. Eat the pickles within 3 days of preparation.

A CLOSER LOOK: In Japanese quick-pickling, a zip-top bag is a good alternative to a jar. Many Japanese pickles do not have the amount of brine that American-style pickles do, making it harder to submerge the pickles and achieve even pickling. If using a bag for

a recipe that needs to be weighted, place the bag between two plates and weight the top plate.

PICKLED CABBAGE

MAKES 4 CUPS
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 5 DAYS

Salted and pickled cabbage is used in Asian cooking, both as a stand-alone pickle and to add flavor to other dishes by cooking it with other ingredients. This is a lightly fermented cabbage with less salt than sauerkraut, meaning it is more prone to spoilage. Because of this, it is typically eaten within a week of pickling.

½ head cabbage (about 1¼ pounds)

1 tablespoon salt

½ cup water

1 (2-inch) square kombu, broken into 3 or 4 pieces

1 tablespoon mirin

1. Cut the cabbage into 3 wedges. In a nonreactive bowl, sprinkle each wedge with the salt. Weigh the cabbage down, and pour ½ cup of water over the cabbage. Cover with a clean kitchen towel and leave at room temperature for 2 days.
2. Drain the cabbage and, using your hands, press out the excess moisture. Place the cabbage back into the bowl and add the kombu. Pour the mirin over the cabbage, cover the cabbage with a weight, and ferment for 3 days at room temperature. When slightly soured, transfer the cabbage to the refrigerator. Eat within 1 week of pickling.

MISO-PICKLED VEGETABLES

MAKES 1 PINT
PREP TIME: 5 MINUTES • CURING TIME: 24 TO 48 HOURS

Miso-pickled vegetables are salty and quite flavorful, especially considering their short pickling time. In just one or two days, you can transform ordinary, bland vegetables into near-instant pickles. And the best part: you can continue to reuse the miso to make more pickles as soon as you remove yours from it.

1 pound celery, turnips, radish, daikon, or a combination, divided

½ cup miso paste

1 tablespoon mirin

1 tablespoon sake

1. Prepare the vegetables by cutting them into small, thin pieces about ¼-inch thick.
2. Mix together the miso paste with the mirin and the sake.
3. In a pint jar, spoon in about ¼ cup of the miso paste mixture. Add the vegetables, followed by ⅛ cup of miso mixture and the rest of the vegetables. Cover the top of the vegetables with the remaining ⅛ cup of miso mixture so that none are visible on the top. Cover the jar with a piece of plastic wrap and leave at room temperature.
4. After 24 hours, take a vegetable out, rinse it off, and taste it. If it is to your liking, take the pickles out. If not, leave for an additional 24 hours.
5. To serve, rinse the pickles. These pickles are best within 24 hours of preparation, but they will keep for up to 3 days refrigerated. In between batches, store the miso in the refrigerator.

VIETNAMESE PICKLED DAIKON AND CARROTS

MAKES 1 PINT
PREP TIME: 10 MINUTES, PLUS 30 MINUTES RESTING TIME • CURING TIME: 2 HOURS

This quick pickle is exceedingly fresh and adds a nice crunch to a sandwich or can simply be eaten on its own. This type of pickle is most commonly made by cutting the daikon into matchsticks for convenient stuffing into sandwiches and rolls, but feel free to prepare the vegetables however you like best.

1 carrot, peeled and cut into matchsticks

1 pound daikon, peeled and cut into matchsticks

1½ teaspoons salt

2 tablespoons sugar

½ cup water

½ cup rice vinegar

1. Toss the carrot and daikon with the salt in a small bowl. Set aside for 30 minutes, then drain the vegetables, pressing as much excess water from them as possible. Pack the vegetables into a pint jar.
2. In a small bowl, mix the sugar, water, and vinegar until the sugar has dissolved. Pour the liquid over the vegetables, cover, and refrigerate for 2 hours before serving.

CHINESE FERMENTED MUSTARD GREENS

MAKES 1 QUART
PREP TIME: 10 MINUTES, PLUS 12 HOURS DRYING AND 30 MINUTES RESTING TIME • FERMENTATION TIME: 10 DAYS

Fermented mustard greens are a cornerstone flavor of many Chinese-inspired dishes. Like many other ferments that boast complex, rich flavors, they are fairly simple to make. Select mature mustard greens for this recipe, as their thick, fibrous stems are desirable here.

1½ pounds mustard greens

2 tablespoons pickling salt, divided

½ teaspoon Sichuan peppercorns

3 cups water

1. Wash the mustard greens well and allow them to air-dry for about 12 hours, or until they begin to wilt.
2. In a large bowl, combine the mustard greens with 1 tablespoon of the salt and the peppercorns. Rub the salt into the greens and let them sit for 30 minutes until they begin to lose some water. Squeeze out as much of this water as possible, and transfer the greens to a sanitized jar. Add the remaining 1 tablespoon of salt to the jar.
3. Bring the water to a boil and pour it over the greens. Weigh down the greens so that they are submerged in the jar. Cover the jar loosely with a nonreactive lid once the brine is cool, and store in a room-temperature location.
4. After 10 days, the greens will have taken on a bright green hue, signifying that they are finished. Remove the weight, close the jar tightly with a nonreactive lid, and transfer the jar to the refrigerator, where the greens will

keep for several months.

A CLOSER LOOK: When needed, remove small amounts of greens to season dishes, but be careful how you do it. You don't want to introduce new bacteria into the jar, so always use a clean utensil devoid of oil or any other substance to prevent potential contamination.

DAIKON KIMCHI

MAKES 1 PINT
PREP TIME: 10 MINUTES, PLUS 30 MINUTES RESTING TIME •
FERMENTATION TIME: 3 TO 4 DAYS

Daikon kimchi is a popular form of kimchi in Korean cuisine, second only to the classic cabbage kimchi. The satisfying crunch of the firm radish and a generous portion of ground dried hot pepper makes this one to have in small, bite-size servings along with a cooling portion of rice. Choose a firm, large daikon when making this recipe for the best results, and if you have some left over, use it for one of the many other daikon recipes in this book.

1¼ pounds daikon, peeled and cut into 1-inch cubes

1½ teaspoons pickling salt

1 tablespoon sugar

2 garlic clove, minced

1 tablespoon Korean ground dried hot pepper

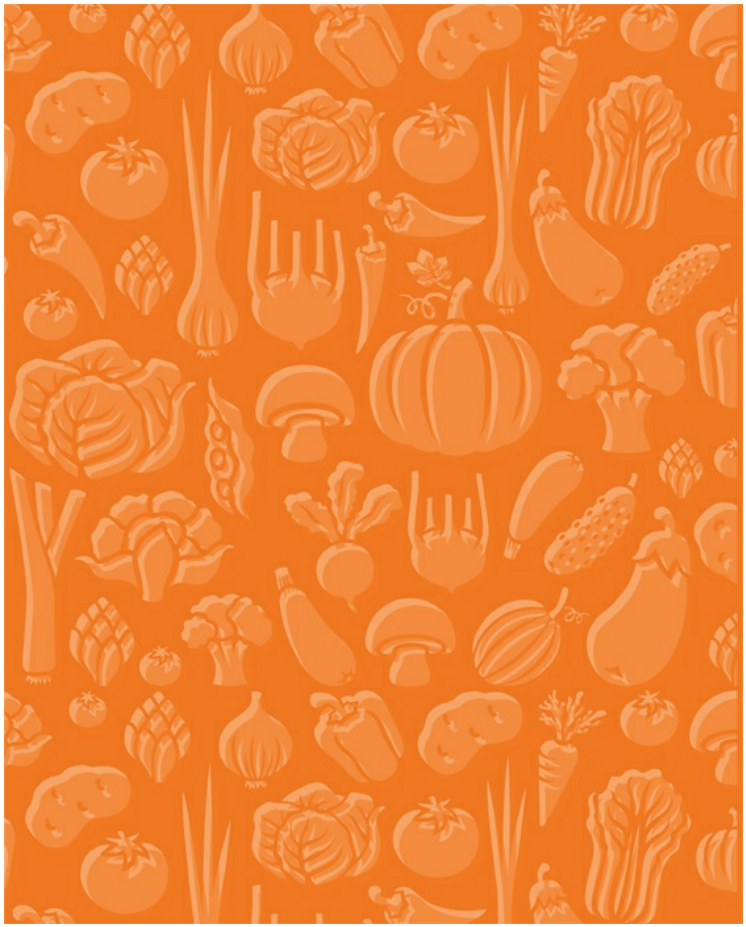
2 scallions, cut into 1-inch pieces

1 (1-inch) piece ginger, grated

1 teaspoon white vinegar

1. In a small bowl, combine the daikon, salt, and sugar. Let rest at room temperature for 30 minutes. Strain the juice in the bowl, reserving it for later use.
2. Mix the garlic, hot pepper, scallions, ginger, and vinegar together with the daikon. Pack the mixture into a clean pint jar, pressing down firmly as you go to remove air bubbles. Pour the reserved brine over the radishes to cover. Cap the jar with a nonreactive lid, and leave the kimchi at room temperature for 3 to 4 days. Transfer to

the refrigerator, where it will keep for several months.



Spicy Tomato Salsa

CHAPTER 7

CHUTNEYS, SALSAS, AND RELISHES

When fruits and vegetables are diced or pureed before pickling, they can transform into something new altogether. These versatile pickled condiments are the perfect solution for topping a burger, spooning over a chicken breast or pork chop, or scooping up with a tortilla chip. You'll find

a mix of savory and sweet chutneys, salsas, and relishes in this chapter, giving you an opportunity to add pickles to just about every meal.

Plum Chutney
Mango Chutney
Apple Chutney
Lacto-Fermented Cranberry Chutney
Lacto-Fermented Pineapple Chutney
Pico de Gallo
Spicy Tomato Salsa
Peach and Mango Salsa
Lacto-Fermented Mango Salsa
Tomatillo Salsa
Tomato Ketchup
Blueberry Ketchup
Red and Green Cucumber Relish
Spicy Zucchini Relish

Corn Relish
Lacto-Fermented Carrot Relish
Green Tomato Relish
Lacto-Fermented Tomatillo Salsa

PLUM CHUTNEY

MAKES 2 HALF-PINTS
PREP TIME: 15 MINUTES • COOK TIME: 45 MINUTES • PROCESSING TIME: 10 MINUTES

Plums pair nicely with pork and chicken, making this a great addition to the dinner table. Use fully ripe plums for this recipe, as they will impart the best flavor to this thickened, spiced chutney. Ginger, red chili pepper flakes, garlic, and mustard seeds all add to the complexity of this chutney. If you like spice, add a bit more chili pepper flakes, or dice a chile pepper and add it to the mixture.

½ cup brown sugar

½ cup granulated sugar

½ cup white vinegar

1¾ cups purple plums, cored and chopped

2 tablespoons chopped onion

½ cup golden raisins

1 teaspoon pickling salt

1 teaspoon mustard seeds

1 tablespoon crystallized ginger

1 garlic clove, crushed

½ teaspoon red chili pepper flakes

1. In a nonreactive pot, combine the sugars and vinegar and heat until simmering, stirring to dissolve the sugars. Add all the remaining ingredients and stir well to mix. Bring the mixture to a boil and turn down the heat to a simmer. Cook for 45 minutes, until the chutney begins to thicken.
2. Ladle the chutney into the half-pint jars, leaving ¼ inch of headspace. Cap the jars using two-piece canning lids.

3. Process the chutney in a boiling-water bath for 10 minutes, or refrigerate.

MANGO CHUTNEY

MAKES 2 HALF-PINTS
PREP TIME: 15 MINUTES, PLUS OVERNIGHT RESTING TIME • COOK TIME: 1 HOUR • PROCESSING TIME: 10 MINUTES

Bring the taste of the islands to your table with this quick and simple chutney. At once hot and sweet, this chutney pairs well with turkey and pork dishes. Curry powder brings complexity to the flavor, while pepper flakes add heat to complement the sweetness—and a bit of color, too.

2 mangos, ripe but not soft (see tip)

1 cup white vinegar

1 cup brown sugar

1 teaspoon hot pepper flakes

¼ teaspoon pickling salt

1½ teaspoons curry powder

¼ cup golden raisins

1. Mix together all the ingredients except the raisins in a bowl. Cover with plastic wrap and allow to sit overnight at room temperature.
2. The next day, transfer the chutney to a nonreactive pot. Add the raisins, bring the mixture to a simmer, and cook until thickened, about 1 hour.
3. Ladle the chutney into half-pint jars, and cap using two-piece canning lids. Process for 10 minutes in a boiling-water bath, or refrigerate.

A CLOSER LOOK: A mango has an elliptical pit, making its prep work kind of tricky. First skin the mango, then cut two large pieces from each side and two smaller pieces from the opposite sides. Dice these pieces. It helps to select firm mangos, as they are easier to work with.

APPLE CHUTNEY

MAKES 2 HALF-PINTS
PREP TIME: 15 MINUTES • COOK TIME: 1 HOUR • PROCESSING TIME: 10 MINUTES

Apple chutney pairs wonderfully with pork as a departure from the typical applesauce. Combining spice with sweetness here successfully produces a deliciously thick and complex chutney. A medley of peppers gives it a striking appearance, and a healthy dose of ginger delivers spice. For optimal flavor, use tart apples such as Granny Smiths.

2 cups chopped apples

¼ cup chopped onion

¼ cup chopped red bell pepper

2 hot red peppers, seeded and diced

½ cup golden raisins

1 cup brown sugar

1 tablespoon ground ginger

2 teaspoons whole mustard seeds

2 teaspoons ground allspice

½ teaspoon pickling salt

1 garlic clove, minced

1 cup white vinegar

1. In a nonreactive pot, combine all the ingredients. Bring the mixture to a boil, turn down the heat, and simmer until thickened. Stir frequently as the chutney thickens to prevent scorching. It will take about 1 hour for the chutney to thicken.
2. Ladle the hot chutney into two half-pint jars, leaving ½ inch of headspace. Cap the jars with two-piece canning lids.
3. Process in a boiling-water bath for 10 minutes, or refrigerate.

LACTO-FERMENTED CRANBERRY CHUTNEY

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 2 DAYS

Skip the canned cranberry sauce next Thanksgiving and make this simple chutney instead. The best part is that it's loaded with healthy probiotics—just what you need after a big meal. Plan on making this at least 2 days before serving to allow for plenty of fermentation time.

1 pound fresh or frozen cranberries

½ cup honey

1 teaspoon sea salt

⅓ cup kombucha (non-pasteurized) or whey

½ cup white grape juice

1 teaspoon cinnamon

Juice of 1 orange

2 teaspoons grated orange zest

1. Combine all the ingredients except the orange zest in a blender or food processor. Process until the cranberries are well chopped, yet still chunky. Transfer the mixture to a quart jar and mix in the orange zest.
2. Cover with a nonreactive lid and leave the jar at room temperature to ferment for 2 days. Transfer to the refrigerator, where the flavors will continue to develop.

A CLOSER LOOK: Fresh cranberries are harvested annually and typically appear at the supermarket only in the weeks leading up to Thanksgiving and Christmas. If you are a fan of these bitter nutritional powerhouses, stock up by

buying a couple bags for the freezer and take them out as needed throughout the year.

LACTO-FERMENTED PINEAPPLE CHUTNEY

MAKES 1 QUART
PREP TIME: 20 MINUTES •
FERMENTATION TIME: 2 TO 3 DAYS

Unlike some chutneys that focus on heat, this one is entirely sweet. Using just a handful of ingredients, you can turn the tropical pineapple into the perfect topping for meat, poultry, and even yogurt through this simple fermentation process. Cilantro makes this chutney a bit savory, while ginger and lime juice round out the condiment.

1 pineapple, diced

1 bunch cilantro, minced

1 (2-inch) piece ginger, peeled and grated

2 teaspoons pickling salt

Juice of 1 lime

½ cup kombucha (non-pasteurized) or whey

½ cup water

1. In a nonreactive bowl, mix the pineapple, cilantro, ginger, and salt. Pack into a quart jar. Use a spoon to pack the pineapple down into the jar, pressing to release some of its juices.
2. Mix together the lime juice, kombucha, and water. Add the mixture to the jar. Press the pineapple into the liquid, which should cover the chutney by about 1 inch. If it doesn't, add a bit more water until it does.
3. Cover the jar with a nonreactive lid, and leave it at room temperature to ferment for 2 to 3 days. Transfer the chutney to the refrigerator, where its flavors will continue to develop.

A CLOSER LOOK: A pineapple should smell sweet when purchasing. The best place to check its aroma is the base. If it lacks a scent, leave it at the store. Because a pineapple does not become sweeter after picking, it is important to pick one that is both firm and has a good smell at the time of purchase.

PICO DE GALLO

MAKES 1½ PINTS
PREP TIME: 15 MINUTES, PLUS 15 MINUTES RESTING TIME

A fresh salsa that is both quick and delicious, pico de gallo is a mainstay in Mexican cuisine. If you can, use Roma or other firm plum tomatoes so the salsa doesn't end up overly watery. Spoon the finished pico de gallo over tacos, nachos, or just eat it by the spoonful—it's really that good.

1 pound ripe plum tomatoes, diced

1 teaspoon salt

½ white onion, peeled and diced

1 jalapeño pepper, seeds and stem removed, diced

¼ cup chopped cilantro leaves

Juice of ½ lime

1. Toss the tomatoes with the salt, and place them in a colander to drain for about 15 minutes.
2. Mix the drained tomatoes with the rest of the ingredients. Refrigerate for up to 3 days.

A CLOSER LOOK: Jalapeños are the traditional chile pepper used in salsa in Mexican cuisine. Depending on the season though, they can vary considerably in heat, with winter chiles milder than those grown during the hotter months. Taste the chiles before using and, if desired, add extra to suit your preference.

SPICY TOMATO SALSA

MAKES 4 PINTS
PREP TIME: 20 MINUTES • COOK TIME: 15 MINUTES • PROCESSING TIME: 15 MINUTES

Tomatoes are an easy addition to the garden, and when you have a large harvest, there is no better use for them than canning them up in salsa to enjoy all year. Put an end to store-bought salsa with this home-canned recipe that may just rival your favorite brand. Similar to a fresh pico de gallo, this salsa has a short ingredient list but delivers on flavor. Adjust the balance between bell peppers and chile peppers depending on your desired heat level.

6 cups chopped plum tomatoes

1 cup chopped onion

4 cups chopped chile and bell peppers

¾ cup white or apple cider vinegar

2 teaspoons pickling salt

1. In a nonreactive pot, combine all the ingredients and bring them to a boil. Turn down the heat and simmer the salsa for 10 minutes.
2. Pack the salsa into pint jars, leaving ½ inch of headspace. Process in a boiling-water bath for 15 minutes.
3. Store the jars in a cool, dark, and dry location for up to 1 year. Once opened, the salsa will keep for 1 week in the refrigerator.

A CLOSER LOOK: When cutting a large number of chiles to make a salsa, be sure to wear kitchen gloves, as the oils from the chiles can cause a lot of pain on your hands and anywhere else on your body you touch as well. If you don't

have kitchen gloves, just fit a couple of plastic sandwich bags over your hands to prevent skin contact with the chiles.

PEACH AND MANGO SALSA

MAKES 1½ PINTS
PREP TIME: 15 MINUTES

If you want a taste of summer, here it is! This salsa, featuring appearances from some of summer's best bounty, is loaded with flavor and ready to treat your taste buds right. This salsa pairs well with fish, as in Grilled Fish Tacos with Peach and Mango Salsa, or simply serve it with tortilla chips to be transported to a sunny summer day no matter what time of year.

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4 peaches, peeled and diced

1 mango, peeled and diced

3 Roma or other plum tomatoes, diced

½ red onion, peeled and diced

1 red bell pepper, diced

2 jalapeño or serrano peppers, diced

1 garlic clove, minced

Juice of 1 lime

1 tablespoon honey

In a nonreactive bowl, mix all the ingredients. Use immediately, or refrigerate for up to 3 days before using.

TRY INSTEAD: With a fresh recipe like this one, which is not meant to be canned or fermented, you have plenty of versatility when it comes to substituting ingredients. If you don't like mango, for example, stick with all peach instead. If you'd prefer more heat, add in some extra chiles, or if you'd like to experiment with bolder flavor, add ½ teaspoon of cumin, which goes well with peaches.

LACTO-FERMENTED MANGO SALSA

MAKES 1 QUART
PREP TIME: 10 MINUTES •
FERMENTATION TIME: 1 DAY

Mango salsa on its own is fabulous, but with some gut-nourishing probiotics, it is even better. Prep this ferment quickly one afternoon, and it will be ready for dinner the following day. Simple and sweet, this pairs well with salads, fish, and chicken, or just enjoy it on its own by the spoonful.

3 mangos, peeled and diced

3 garlic cloves, diced

1 shallot, diced

2 tablespoons diced red onion

2 tablespoons kombucha (non-pasteurized) or whey

1½ teaspoons pickling salt

¼ cup cilantro leaves

1 tablespoon freshly squeezed lime juice

1. Combine all the ingredients in a quart jar, and press lightly to submerge the mango in liquid.
2. Cover with a nonreactive lid and leave the jar at room temperature to ferment for up to 24 hours. Transfer the salsa to the refrigerator, where its flavors will continue to develop. Eat within 2 weeks.

TOMATILLO SALSA

MAKES 2 PINTS
PREP TIME: 15 MINUTES • COOK TIME: 15 MINUTES • PROCESSING TIME: 15 MINUTES

Green salsa is a wonderful addition to your menu, as it can be used in the same way as tomato salsa. This recipe gives you the option to can it or transfer to the refrigerator to eat straightaway.

2½ pounds tomatillos, husks removed and chopped

2 cups diced white onion

4 jalapeño peppers, chopped

3 garlic cloves, minced

¾ cup white vinegar

2½ teaspoons pickling salt

1. In a nonreactive pot, combine all the ingredients. Bring the mixture to a boil, then simmer for 15 minutes.
2. Using an immersion blender, process the salsa until it is coarsely pureed.
3. Ladle the salsa into prepared pint jars, leaving ½ inch of headspace. Cap the jars with two-piece canning lids.
4. Process the jars in a boiling-water bath for 15 minutes and then store them in a cool, dark, and dry location for up to 1 year. Once opened, the salsa will keep, refrigerated, for 2 weeks.

TRY INSTEAD: If you don't have an immersion blender, a traditional blender or food processor works well, too. Be sure to work in batches, and be careful when working with the hot salsa to prevent burns. Also, when blending the salsa, puree to your preferred texture. If desired, leave it chunky.

TOMATO KETCHUP

MAKES 3 PINTS
PREP TIME: 20 MINUTES • COOK TIME: 2 HOURS • PROCESSING TIME: 15 MINUTES

This flavor-forward tomato ketchup boasts plenty of bite. Store-bought ketchups are laden with salt and sugar, while this ketchup relies most heavily on ripe tomato flavor and the subtle notes of spices.

10 pounds of Roma or paste tomatoes, coarsely chopped

1 cup diced onion

4 garlic cloves

2 cups apple cider vinegar

1½ teaspoons pickling salt

½ cup packed brown sugar

¾ teaspoon cayenne pepper

1 tablespoon mustard seeds

1 tablespoon black peppercorns

1 tablespoon whole allspice

1 cinnamon stick, broken

1. In a nonreactive pot, combine the tomatoes, onion, and garlic. Heat the tomato mixture to boiling, reduce the heat, and simmer uncovered for 30 minutes until it is soft.
2. Remove the pot from the heat and transfer the tomatoes to a food mill or sieve. Process the tomatoes and onion, removing the seeds and skins. Return the tomato pulp to the original pot.
3. Add the vinegar, salt, brown sugar, and cayenne pepper to the tomato puree. Using a small scrap of cheesecloth, create a spice pouch and pack it with the mustard seeds, black peppercorns, allspice, and cinnamon stick. Tie the bag shut using kitchen twine and place it in

the puree.

4. Bring the mixture to a boil, then reduce the heat to a simmer until the mixture has reduced to a thickened ketchup consistency, about 90 minutes.
5. Remove the spice pouch from the ketchup, and ladle the ketchup into prepared jars, leaving ½ inch headspace. Process in a boiling-water bath for 15 minutes.
6. Store the ketchup in a cool, dry, and dark location for up to 1 year.

TRY INSTEAD: If you don't have a food mill or sieve, remove the tomato skins by cutting an "X" in the skin. Blanch for about 30 seconds in boiling water, then immediately put in an ice bath. The skins should slip off easily. Cut the tomatoes in half and scrape out as many seeds as you can.

BLUEBERRY KETCHUP

MAKES 1 PINT
PREP TIME: 15 MINUTES • COOK TIME: 30 MINUTES

Instead of eating these juicy morsels fresh, try this simple and fun recipe to liven up everything from hamburgers to barbecued chicken. A fresh recipe not designed for canning, this unexpected condiment can be easily whipped up at midday and will be ready and chilled by dinner.

2 cups blueberries

1 shallot, diced

1 cup sugar

⅓ cup red wine vinegar

1 tablespoon lime juice

1 tablespoon minced ginger

¼ teaspoon salt

1. In a nonreactive pot, combine all the ingredients. Bring the mixture to a boil, reduce the heat, and simmer, stirring until the sugar dissolves. Using the back of a spoon, mash the blueberries as you stir.
2. Continue to cook the ketchup until it is thickened, about 30 minutes. Ladle it into a pint jar, refrigerate until cold, and serve.

RED AND GREEN CUCUMBER RELISH

MAKES 4 HALF-PINTS
PREP TIME: 15 MINUTES, PLUS 5 HOURS RESTING TIME • PROCESSING TIME: 10 MINUTES

This relish is just perfect for scooping onto a hot dog on a hot summer day. Can this all-purpose cucumber relish and have plenty to go around all year, or give a half-pint to a friend. Draining the relish first by soaking it with ice ensures that it's packed with crunch, even after months of storage in a jar.

1½ pounds pickling cucumbers, finely diced

¾ cup finely diced red sweet peppers

¼ cup diced onions

3 tablespoons pickling salt

1 cup water

2 cups ice, divided

1½ cups apple cider vinegar

¼ cup sugar

1 teaspoon mustard seeds

1 teaspoon turmeric

1. In a large nonreactive bowl, combine the cucumbers, peppers, and onions. Toss with the salt. Cover the vegetables with 1 cup of water and 1 cup of ice cubes. Let stand at room temperature for 4 hours. Use a colander to drain the salted water away from the vegetables. Add 1 more cup of ice to the top of the vegetables and let stand for an additional hour. Drain and discard the water again.
2. Put the vinegar in a nonreactive pot. Add the sugar, mustard seeds, and turmeric and bring the mixture to a boil. Immediately add the cucumber mixture

and bring the liquid back to a boil.

3. Ladle the relish into jars, leaving ½ inch of headspace. Cap the jars using two-piece canning lids. Process in a boiling-water bath for 10 minutes.

4. Store the jars in a cool, dry, dark location for up to 1 year.

SPICY ZUCCHINI RELISH

MAKES 5 HALF-PINTS
PREP TIME: 15 MINUTES • COOK TIME: 40 MINUTES • PROCESSING TIME: 10 MINUTES

It's no surprise that zucchini is often a stand-in for cucumber, and here is another pickle where you would be hard pressed to differentiate between the two. Similar to a cucumber relish, this simple vegetable mixture brings a spicy edge to an otherwise ordinary relish.

2 cups finely chopped green bell pepper

1 cup finely chopped jalapeño pepper

1 cup grated onion

3 cups grated zucchini

2 cups apple cider vinegar, divided

1 cup sugar

1 tablespoon pickling salt

1 tablespoon mustard seeds

1. In a nonreactive pot, bring the bell pepper, jalapeño pepper, onion, zucchini, and 1 cup of the vinegar to a boil. Turn down the heat and simmer the mixture until it begins to reduce, about 30 minutes.
2. Drain the vegetables in a colander and return them to the pot. Add the remaining 1 cup of vinegar and the sugar, salt, and mustard seeds. Bring the mixture to a boil, turn down the heat, and simmer for 5 minutes.
3. Ladle the relish into jars, leaving ½ inch of headspace. Cap the jars using two-piece canning lids. Process the jars for 10 minutes in a boiling-water bath.

A CLOSER LOOK: Unless you select really small zucchini, they are likely to have a lot of seeds. For relish, you don't want any seeds, so be sure to cut away

the zucchini’s seedy inner layer before dicing.

CORN RELISH

MAKES 3 PINTS
PREP TIME: 10 MINUTES • COOK TIME: 15 MINUTES • PROCESSING TIME: 15 MINUTES

Can up a bit of summer with this corn relish that highlights one of the season's sweetest treats. Serve it as a side, mix it with rice, or heap it on a burger to enjoy this piquant treat.

4 cups fresh corn

1 cup diced red bell peppers

1 cup diced green bell peppers

1 cup diced red onions

2 tablespoons minced garlic

1 teaspoon pickling salt

1 teaspoon ground cumin

2 cups apple cider vinegar

⅔ cup sugar

½ teaspoon red chili pepper flakes

1. In a nonreactive pot, combine all the ingredients. Bring the mixture to a boil, reduce the heat, and simmer for 10 minutes.
2. Ladle the salsa into jars, leaving ½ inch of headspace. Cap the jars using two-piece canning lids, and process in a boiling-water bath for 15 minutes.
3. Store the jars in a cool, dry, dark location for up to 1 year.

LACTO-FERMENTED CARROT RELISH

MAKES 1 QUART
PREP TIME: 15 MINUTES •
FERMENTATION TIME: 14 DAYS

Add this bright and nutrient-dense relish to your favorite salads, or serve it as a side dish with Asian-inspired meals. With a strong ginger overtone, this is one relish you definitely want included in your repertoire.

2 pounds carrots, peeled and shredded

1½ cups shredded Chinese cabbage

2 tablespoons peeled and finely shredded onion

1 tablespoon grated ginger

2 cups water

1 tablespoon pickling salt

1. In a nonreactive bowl, mix the carrots, cabbage, onion, and ginger. Pack into a quart jar.
2. In a measuring cup, stir the water and salt until the salt has dissolved. Pour over the vegetables, pressing them down with a spoon so that they are completely covered with the liquid.
3. Close the jar using a nonreactive lid or a plastic food-safe zip-top bag filled with brine, using the same ratio of 2 cups water per 1 tablespoon pickling salt. Place the jar in a room-temperature location and ferment for 14 days, or until fermentation stops.
4. Transfer the carrot relish to the refrigerator, where it will keep for at least 1 month.

A CLOSER LOOK: If you plan on pickling regularly, investing in a Microplane grater to prepare ginger is a great idea. With smaller holes than a traditional grater, a Microplane grater creates a

near puree of ginger, perfect for mixing into ferments where large chunks of ginger are not desirable.

GREEN TOMATO RELISH

MAKES 5 HALF-PINTS
PREP TIME: 10 MINUTES, PLUS 4 HOURS RESTING TIME • COOK TIME: 15 MINUTES • PROCESSING TIME: 10 MINUTES

If you have access to a couple pounds of green tomatoes come fall, making this relish is a great way to put them to work for you. Use this relish like you would cucumber relish, and slather it on sandwiches, use it in dipping sauces, or save it for hot dogs.

2½ pounds green tomatoes, diced

½ cup diced green bell pepper

½ cup diced onion

2 tablespoons pickling salt

1 cup white vinegar

¾ cup sugar

1½ teaspoons celery seeds

1½ teaspoons mustard seeds

1. In a nonreactive pot, combine the tomatoes, bell pepper, onion, and salt. Let stand at room temperature for 4 hours. Bring the vegetables to a boil and simmer for 5 minutes. Drain the vegetables in a sieve or fine strainer, pressing out as much of the liquid as possible. Return them to the pot.
2. In another nonreactive pot, combine the vinegar, sugar, celery seeds, and mustard seeds. Bring this mixture to a boil, reduce the heat, and simmer for 5 minutes. Pour this liquid over the vegetables and bring the mixture to a boil. Reduce the heat and simmer for 5 more minutes.
3. Ladle the relish into jars, leaving ½ inch of headspace. Cap the jars using two-piece canning lids, and process in a boiling-water bath for 10 minutes.

A CLOSER LOOK: Green tomatoes are not typically sold at stores. If you don't grow tomatoes yourself, ask someone who does. Many people simply discard or compost these instead of eating them and are often more than happy to give them away.

LACTO-FERMENTED TOMATILLO SALSA

MAKES 1 PINT
PREP TIME: 15 MINUTES •
FERMENTATION TIME: 2 DAYS

Canning salsa is a no-brainer for winter months when tomatillos are not readily available, but this recipe is meant to be enjoyed fresh from the garden at the height of the growing season. Adding probiotic-rich food to your diet is so easy when you can scoop it onto tortillas or spoon it over your favorite tacos. A short fermentation time gives this salsa its healthy edge, and the jalapeños bring a satisfying heat to make this a summertime favorite.

1 pound tomatillos, husks removed and coarsely chopped

1 cup diced white onion

2 jalapeño peppers, stemmed and seeds removed

1 garlic clove, peeled

½ cup minced cilantro

1 tablespoon lime juice

1½ teaspoons pickling salt

2 tablespoons whey

1. In a blender or food processor, combine the tomatillos, onions, jalapeños, garlic, and cilantro. Pulse until pureed. Transfer to a clean pint jar.
2. Stir in the lime juice, salt, and whey. Cover with a nonreactive lid and leave at room temperature to ferment for 2 days. Transfer to the refrigerator, and store for up to 2 weeks.

PREP TIP: If you don't have a blender or

food processor, that’s fine. Tomatillo salsa is generally pureed, but that doesn’t mean that is the only way to serve it. Simply mince all the vegetables as finely as you can to create a slightly chunkier salsa and proceed to step 2.

Banh Mi Sandwiches

CHAPTER 8

COOKING WITH PICKLES

Now that you've pickled a few things, these recipes will help you incorporate your creations into your everyday meals. Add pickles to these and other simple dishes to create complex flavors and truly enjoy the fruits of your labor. These are all quick and easy recipes that do a great job of highlighting the many unique

flavors of pickles while allowing them to mingle with other complementary ingredients to create a cohesive meal.

Pickled Peaches and Yogurt
Bloody Mary with Pickled Vegetables
Fried Pickles
Old-Fashioned Potato Salad
Pickled Beet, Feta, and Walnut Green Salad
Pickle Grilled Cheese
Grilled Fish Tacos with Peach and Mango Salsa
Kimchi Fried Rice
Sushi Rolls with Tsukemono
Banh Mi Sandwiches

PICKLED PEACHES AND YOGURT

SERVES 2
PREP TIME: 5 MINUTES

Pickled peaches—well, really any sweet pickled fruit—combine wonderfully with yogurt for a quick but lovely meal or snack. To make it a bit more filling, add in a half cup of granola. Sweet and tart at the same time, this combination works best with plain yogurt, but if you prefer something a little sweeter, try it with honey yogurt instead.

1½ cups plain yogurt

1 cup Pickled Peaches

In two bowls, divide the yogurt. Top with the peaches and serve. If desired, drizzle

a tablespoon of the pickling liquid over the yogurt as well.

TRY INSTEAD: This combination also works exceedingly well with pickled pears, strawberries, or blueberries. Or, if you prefer to make it a dessert, replace the yogurt with ice cream and top with either pickled peaches or pears.

BLOODY MARY WITH PICKLED VEGETABLES

SERVES 2
PREP TIME: 10 MINUTES

A Bloody Mary is the ultimate cocktail that combines both food and drink. Skip the bottled mix and make this yourself using tomato juice, pickle brine, and more for a refreshing and nourishing drink. Garnish the summertime favorite with some of your pickling stock, and you'll have a perfect drink for a guest.

Kosher salt

½ lemon

Ice

3 ounces vodka

12 ounces tomato juice

4 dashes hot sauce

4 dashes Worcestershire sauce

4 tablespoons pickling brine

2 Classic Dill Pickles or Spicy Dill Pickles

2 to 4 Dilly Beans or Lacto-Fermented Beans

1. On a small plate, pour a thin layer of kosher salt. Rub the lemon across the rims of two highball glasses, and then dip the rims of the glasses in the salt. Fill the glasses with ice.
2. Split the vodka between the two glasses and then add the tomato juice evenly to each. To each glass, add 2 dashes of hot sauce, 2 dashes of Worcestershire sauce, and 2 tablespoons of pickling brine. Squeeze the lemon over each glass, extracting the juice. Stir each glass using a long spoon.
3. Garnish with the pickled vegetables and serve.

FRIED PICKLES

SERVES 2 TO 4
PREP TIME: 20 MINUTES, PLUS 30 MINUTES RESTING TIME • COOK TIME: 3 TO 5 MINUTES

A bar favorite, fried pickles are easily accessible at home. Make sure to cut them into spears, as they will absorb the most flavor during marinating, as well as hold on to more of the breading than whole pickles would.

1 pint jar Classic Dill Pickles, Spicy Dill Pickles, or Garlic Dill Pickles

½ teaspoon garlic powder

½ cup buttermilk or yogurt

Oil, for frying

1 cup flour

¼ cup cornmeal

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1. Drain the brine from the pickle jar and add the garlic powder and buttermilk to the jar. Shake gently to disperse the buttermilk and let marinate for 30 minutes.
2. Pour oil in a deep pot and heat to 350°F.
3. In a small bowl, mix the flour, cornmeal, salt, and pepper. Remove the pickles from the jar, cut them into spears, and roll them in the flour mixture.
4. Cook the pickles in batches for about 3 to 5 minutes each depending on their size. When they are well browned, they are done. Depending on the amount of oil used, you may need to flip them halfway through cooking.
5. Remove the pickles using tongs, and drain on a plate lined with paper towels before serving.

A CLOSER LOOK: A candy thermometer is a good tool to have on hand for deep-frying to gauge oil temperature. If you don't have one, however, that's okay, too. Heat the oil over medium-high heat, and when it begins to shimmer, add a small pinch of flour. If it immediately sizzles away, the oil is ready. If it sits in the oil for a second or two before disappearing, allow it to heat a little longer and then try again.

OLD-FASHIONED POTATO SALAD

SERVES 4 TO 6
PREP TIME: 30 MINUTES

Pickles add a welcome tang to potato salad and are a traditional ingredient of old-fashioned potato salads. Take your pick as to the type of dill pickles to include based on your own personal preference and what you have available. For the best flavor, be sure to allow plenty of time for chilling the salad before serving.

1½ pounds Yukon Gold potatoes

3 hard-boiled eggs

1 celery rib, finely diced

3 to 5 scallions, thinly sliced

1 whole dill pickle, finely diced (such as Quick Dill Pickles, or Classic Dill Pickles

¾ cup mayonnaise

2 tablespoons dill pickle brine

2 teaspoons prepared mustard

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1. Place the potatoes in a large pot and cover them with water. Bring to a boil and cook for 20 to 30 minutes, until tender. Drain and cool the potatoes under running water. Once cool, peel and cut the potatoes.
2. Place the potatoes in a large bowl, add the eggs, and coarsely chop. Add the celery, scallions, and pickle.
3. In another small bowl, mix together the mayonnaise, pickle brine, mustard, salt, and pepper. Add this seasoning mixture to the potato mixture and mix well. Cover and refrigerate for at least 4 hours to chill before serving.

TRY INSTEAD: To cut down on cooking time, cut the potatoes into quarters before boiling. When smaller, the potatoes can typically be cooked in the same pot with the eggs for about 10 minutes. Test with a fork to confirm that they are done before draining the water.

PICKLED BEET, FETA, AND WALNUT GREEN SALAD

SERVES 2
PREP TIME: 5 MINUTES

Pickled beets are a wonderfully sweet addition to a salad. When paired with walnuts and feta cheese, the salad becomes a filling meal. Whip this up for a hearty lunch or light dinner, and enjoy eating your home-pickled beets one jar at a time. Because the brine makes the dressing, this quick-prep salad can be on the table in just a few minutes.

6 packed cups baby greens (any combination of kale, arugula, lettuces, bok choy, chard)

1 cup Pickled Beets

½ cup walnut pieces

2 ounces crumbled feta cheese

1 tablespoon extra-virgin olive oil

3 tablespoons pickled beet brine

Salt

Freshly ground black pepper

1. Put an equal amount of salad greens on two plates. If your pickled beets are whole, slice them into ¼-inch-thick slices and arrange them on the bed of greens. Split the walnuts and feta cheese between the two plates.
2. Drizzle each plate with 1½ teaspoons of olive oil and 1½ tablespoons of pickled beet brine. Season with salt and pepper. Serve.

PICKLE GRILLED CHEESE

MAKES 1 SANDWICH
PREP TIME: 10 MINUTES • COOK TIME: 6 MINUTES

Grilled cheese sandwiches are often served with pickles, but why not take the taste up a notch by adding the pickles to the actual sandwich? Pickles pair wonderfully with cheese, and even this basic sandwich can be taken to new heights with this simple addition. Use sourdough bread for its complementary tang or, if preferred, sub in a different variety.

2 slices sourdough bread

1½ teaspoons butter

1 ounce sharp cheddar cheese, thinly sliced

1 whole dill cucumber pickle (such as Quick Dill Pickles; Classic Dill Pickles; Spicy Dill Pickles; or Garlic Dill Pickles, thinly sliced)

1. Heat a cast-iron skillet over medium-high heat.
2. Butter one side of each slice of bread. Place the buttered side of one slice down in the skillet. Add the cheese and then the pickles. Top with the other slice of bread with the buttered side facing up.
3. Cook on the first side until golden brown and the cheese is just starting to melt. Flip the sandwich and cook on the second side until browned and the cheese is melted. Serve.

TRY INSTEAD: Another interesting and quite delicious variation on this sandwich is a sauerkraut grilled cheese. Substitute a generous ½ cup of well-drained sauerkraut for the pickles and

prepare the sandwich in the same way for a soured and savory sandwich with snap.

GRILLED FISH TACOS WITH PEACH AND MANGO SALSA

SERVES 4
PREP TIME: 15 MINUTES • COOK TIME: 30 MINUTES

Fish tacos are a great vehicle for enjoying the sweet, sour, and salty flavor of Peach and Mango Salsa. This ultra-fresh and light meal is a summertime favorite that can be savored with good company. While you're at it, prepare a Bloody Mary with Pickled Vegetables to go along with it, and revel in all the outstanding flavors of the season.

1 tablespoon olive oil, plus more for the grill

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon brown sugar

1½ pounds halibut, salmon, or other firm-fleshed fish

12 corn tortillas

1 recipe Peach and Mango Salsa

1 avocado, sliced

1 lime, sliced (optional)

1. Prepare a grill to a medium-high heat. Oil the grates of the grill to prevent sticking.
2. In a small bowl, mix the cumin, coriander, and brown sugar.
3. Brush the fish with 1 tablespoon of olive oil and sprinkle with the spice mixture.
4. Grill the fish for 3 to 5 minutes per side, depending on the thickness of the fish. Flip once throughout cooking to enable a uniformly browned exterior. Remove the fish from the grill.
5. Place the tortillas on the grill to heat, flipping each once and cooking for

about 10 to 20 seconds on each side.

6. Construct the tacos, splitting the fish evenly between the tortillas. Top with a generous scoop of Peach and Mango Salsa and avocado slices. Squeeze the lime (if using) over the tacos. Serve.

TRY INSTEAD: If barbecuing is not an option, heat a broiler to low and cook the fish under it for about 5 to 7 minutes on each side. This will create a similar texture to the fish without having to fire up the grill.

KIMCHI FRIED RICE

SERVES 2
PREP TIME: 10 MINUTES • COOK TIME: 20 MINUTES

Kimchi fried rice is quick to throw together and really pops in flavor. Use any variety of kimchi for this spicy side or light meal. Be sure to chop the kimchi into small pieces to allow the flavor to permeate all of the rice. If you prefer—and if it is not too spicy—add even more kimchi juice and eliminate the salt altogether.

2 tablespoons canola oil

2 eggs

¾ cup finely chopped kimchi (such as Cabbage Kimchi; Cabbage, Carrot, Cucumber, and Broccoli Kimchi; Kale and Carrot Kimchi; or Cucumber Kimchi)

2 cups cooked short-grain rice, preferably chilled

3 tablespoons kimchi juice

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 scallion, thinly sliced

1. In a wok or large skillet, heat the canola oil over medium-high heat. Break the eggs into the pan and scramble them quickly before they set. Cook until just barely hard. Add the kimchi to the pan and mix well.
2. Mix in the rice and stir well to combine. Add the kimchi juice and continue mixing. Add the salt and pepper. Divide the rice between two plates and garnish with the scallions.

A CLOSER LOOK: Due to its drier texture, day-old rice is best when making fried rice, so this is a perfect use of leftovers. Because the rice will be

cold, it is important that you mix the rice and kimchi well and break up any clumps in the rice to prevent cold spots in the finished dish.

SUSHI ROLLS WITH TSUKEMONO

MAKES 8 ROLLS
PREP TIME: 30 MINUTES

Sushi rolls need not be a treat enjoyed only in a Japanese restaurant. Once you prepare one or several types of tsukemono, it's easy to add them to these simple rolls and experience the sweet and salty combination of seasoned rice and seaweed with these umami-filled pickles. If you have seasoned sushi rice vinegar on hand, you can substitute that for the sugar, salt, and rice vinegar listed in the first step. You will need a bamboo rolling mat to form the sushi into rolls; if you don't have one, however, just make them into cones, or "hand rolls" as they are called.

3 cups cooked short-grain rice

⅓ cup rice vinegar

1 tablespoon sugar

1½ teaspoons salt

6 sheets nori

1 recipe Quick-Pickled Cucumbers, Sweet Pickled Cucumbers, or Eggplant Pickled in Soy Sauce

½ pound imitation crabmeat, shrimp tempura, or sushi-grade sashimi

Toasted sesame seeds (see tip)

Soy sauce, for dipping

Wasabi paste, for dipping

1. Place the freshly cooked hot rice in a large bowl. In a measuring cup, mix together the vinegar, sugar, and salt. Pour this over the rice, working quickly and flipping it together with the rice as you go. Avoid stirring, which breaks up the rice, and instead, flip the rice over several times until it has cooled.

2. Split each piece of nori in half lengthwise using kitchen shears.
3. Cover the bamboo rolling mat with a layer of plastic wrap to prevent sticking. On the bamboo rolling mat, place one sheet of nori so that its longer side is parallel to the slats on the bamboo rolling mat. Add about ¼ cup of rice to the nori. Using wet hands to prevent sticking, spread the nori out to cover the sheet. Flip the nori over so that the rice is on the outside. Fill the roll with a couple strips of pickled vegetables along with your protein of choice. Be careful not to overfill it, as it will be difficult to close the roll.
4. Working from the bottom, roll the nori up tightly using the bamboo mat, applying pressure as you go. Sprinkle the roll with toasted sesame seeds. Repeat until all the rolls are filled.
5. Wet a clean kitchen towel and carefully rub it across the blade of a sharp knife. Cut each roll in half, and then slice each

half into 1-inch rolls. Work quickly to prevent sticking, and if necessary, wet the blade with the kitchen towel again as you go.

6. Serve with soy sauce and wasabi paste for dipping.

A CLOSER LOOK: You can find fairly inexpensive bamboo rolling mats at most Asian grocery stores. You can also form the nori into cones, then stuff them with rice, pickled vegetables, and a protein of your choice.

BANH MI SANDWICHES

SERVES 4
PREP TIME: 15 MINUTES • COOK TIME: 5 MINUTES

This Vietnamese-inspired sandwich may be quick to prepare, but that doesn't mean it skimps on flavor. Most of the ingredients for this can be found at a traditional grocery store. For the baguettes, you can either choose the light and airy variety used at a Vietnamese or Thai grocery or use a traditional baguette, but stay away from those that are rustic or sourdough. For the best flavor, prepare this using leftover chicken or pork brought to room temperature.

4 (10-inch) baguettes

4 tablespoons mayonnaise

2 teaspoons Asian-style chili sauce

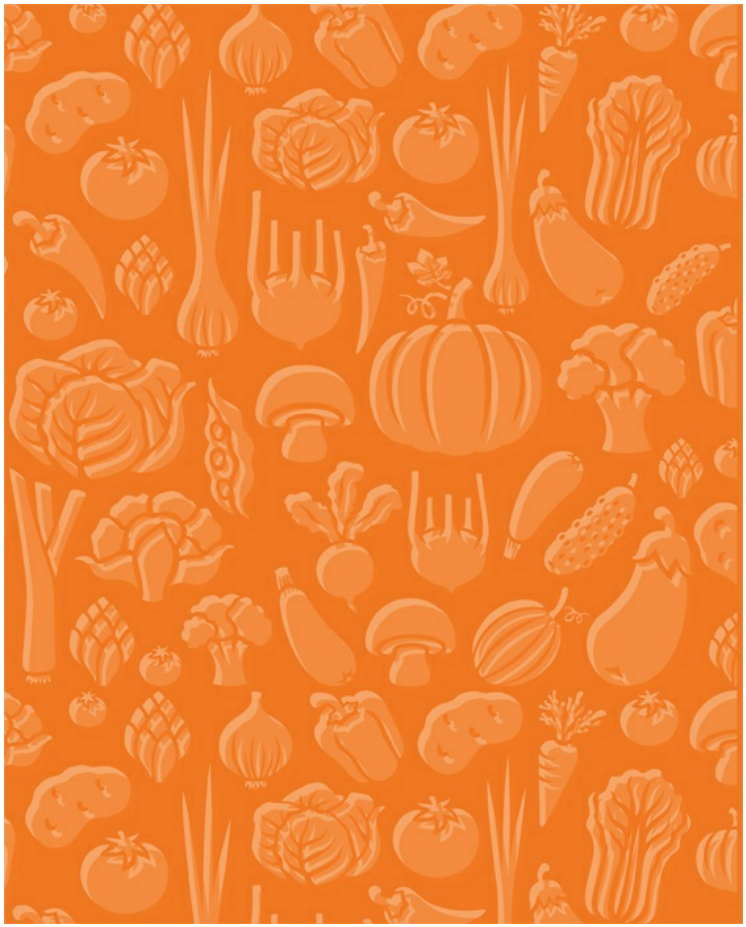
¾ pound leftover pork or chicken, sliced

1 recipe Vietnamese Pickled Daikon and Carrots

½ cup cilantro leaves and stems

1. Heat the oven to 350°F.
2. Open the baguettes and place them on a baking sheet. Use your fingers to hollow out some of the baguettes, leaving a trough on both sides. Place them in the oven and toast them for about 5 minutes, until crisp on both sides. Remove from the oven and let them cool.
3. Spread one side of each baguette with 1 tablespoon of mayonnaise and ½ teaspoon of the chili sauce. Split the meat between the sandwiches and top with a heaping ½ cup of pickled vegetables. Add several sprigs of cilantro to each sandwich, close the baguettes, and cut each sandwich in half

crosswise. Serve.



MEASUREMENT CONVERSIONS

VOLUME EQUIVALENTS	U.S. STANDARD	U.S. STANDARD (OUNCES)	METRIC (APPROXIMATE)
LIQUID	2 tablespoons	1 fl. oz.	30 mL
	¼ cup	2 fl. oz.	60 mL
	½ cup	4 fl. oz.	120 mL
	1 cup	8 fl. oz.	240 mL
	1½ cups	12 fl. oz.	355 mL
	2 cups or 1 pint	16 fl. oz.	475 mL
	4 cups or 1 quart	32 fl. oz.	1 L
	1 gallon	128 fl. oz.	4 L
DRY	⅛ teaspoon	—	0.5 mL
	¼ teaspoon	—	1 mL
	½ teaspoon	—	2 mL
	¾ teaspoon	—	4 mL
	1 teaspoon	—	5 mL
	1 tablespoon	—	15 mL
	¼ cup	—	59 mL
	⅓ cup	—	79 mL
	½ cup	—	118 mL
	⅔ cup	—	156 mL
	¾ cup	—	177 mL
	1 cup	—	235 mL
	2 cups or 1 pint	—	475 mL
	3 cups	—	700 mL
	4 cups or 1 quart	—	1 L
	½ gallon	—	2 L
	1 gallon	—	4 L

OVEN TEMPERATURES

FAHRENHEIT	CELSIUS (APPROXIMATE)
250°F	120°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

WEIGHT EQUIVALENTS

U.S. STANDARD	METRIC (APPROXIMATE)
½ ounce	15 g
1 ounce	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounces	340 g
16 ounces or 1 pound	455 g

ALTITUDE ADJUSTMENTS

To make safe adjustments for canning at altitudes greater than 1,000 feet, use the following guidelines and consult resources such as the USDA's Complete Guide to Home Canning for more information. To find out your exact altitude, you can contact your local county extension agent or the local district conservationist for the Natural Resources Conservation Service. The technique for safe canning (see here) is the same, no matter what your altitude. For **water-bath canning**, increase processing time as noted below based on your altitude.

ALTITUDE IN FEET	INCREASE PROCESSING TIME
0 to 1,000	no adjustment needed
1,001 to 3,000	5 minutes

3,001 to 6,000	10 minutes
6,001 to 8,000	15 minutes
8,001 to 10,000	20 minutes

For **pressure canning**, adjust pressure as noted below based on your altitude.

ALTITUDE IN FEET	DIAL GAUGE CANNER	WEIGHTED GAUGE CANNER
0 to 1,000	11	10
1,001 to 2,000	11	15
2,001 to 4,000	12	15
4,001 to 6,000	13	15
6,001 to 8,000	14	15
8,001 to 10,000	15	15

ABOUT THE AUTHOR

Katherine Green is a writer and editor living in Portland, Oregon. She specializes in recipe development for special diets and has a certificate in nutritional therapy and a bachelor's degree in journalism. She is a fermentation enthusiast, home winemaker, and former owner of Mama Green's Jam. Follow her cooking and gardening adventures at HomeCookedPDX.com.